



Two-Berry Shortcake in a Mug



Entire recipe: 230 calories, 3g total fat (1.5g sat. fat), 336mg sodium, 45.5g carbs, 1.5g fiber, 26.5g sugars, 4g protein

[Click for WW Points® value*](#)

Prep: 5 minutes **Cook:** 5 minutes or less

Cool: 10 minutes



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

1/4 cup yellow cake mix
2 tbsp. fat-free strawberry yogurt
1 tbsp. (about 1/2 large) egg white or fat-free liquid egg substitute
2 tbsp. freeze-dried blueberries, divided
2 tbsp. chopped freeze-dried strawberries, divided
2 tbsp. light whipped topping (thawed from frozen), divided

Directions

In a microwave-safe mug sprayed with nonstick spray, combine cake mix with yogurt and egg. Mix until uniform.

Fold in 1 tbsp. each blueberries and strawberries. Microwave for 1 minute, or until set.

Immediately run a knife along the edges to help separate the cake from the mug. Gently shake mug to release, and transfer cake to a plate. Let cool completely, about 10 minutes.

Slice cake in half horizontally. Top the bottom slice with 1 tbsp. whipped topping, followed by the remaining cake slice, remaining 1 tbsp. whipped topping, remaining 1 tbsp. blueberries, and remaining 1 tbsp. strawberries.

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.