



Raspberry Angel Food Cake Parfaits

20
minutes
or less

V
option

INGREDIENTS

1 ½ cups Basket & Bushel raspberries, divided
3 tbsp sugar-free red raspberry preserves
1 tsp lime zest
2 tsp fresh lime juice
1 (0.04-oz.) packet Sweet'N Low sweetener
1 cup Hy-Vee frozen light whipped topping, thawed
1 tbsp Hy-Vee light sour cream
3 ½ cups (1-in.) cubes Hy-Vee Bakery angel food cake
Fresh mint, for garnish

PREPARATION

- 1** Mash together ½ cup raspberries, preserves, lime zest and juice, and Sweet'N Low sweetener in a small bowl with a fork; set aside.
- 2** Fold together whipped topping and sour cream in medium bowl until combined.
- 3** Divide cake cubes and remaining 1 cup raspberries among 8 (8-oz.) glasses. Top with mashed raspberry mixture and whipped topping mixture. Garnish with mint, if desired.

NUTRITION FACTS

Calories: 90
Total Fat: 1.5g
Saturated Fat: 1g
Trans Fat: 0g
Cholesterol: 0mg

Sodium: 105mg
Carbohydrates: 20g
Fiber: 2g
Sugar: 8g
Protein: 2g