Snack

Layered Berry Trifle with Vanilla Custard

Pieces of quick microwave sponge are layered with a berry jelly and homemade vanilla custard, then finished with a yogurt and crème fraiche topping. Toasted flaked almonds and lemon zest give the final crunch and freshness.



Low sugar

65 min	161	12.3 g	5.5 g
time	calories	carbs	sugars

Ingredients, 8 servings

For the sponge

- [ ] 40 g wholemeal flour
- [ ] half tsp baking powder
- [ ] 5 tsp granulated sweetener
- [ ] 2 tbsp rapeseed oil + 1tsp to oil the dish
- [ ] 1 small egg, beaten
- [ ] 1 tsp vanilla extract

For the custard

- [ ] 250 ml skimmed milk + 2 tbsp
- [ ] 20 g cornflour
- [ ] 1 tsp vanilla extract
- [ ] 5 tsp granulated sweetener

For the jelly

- [ ] 1 x 23g sachet strawberry flavoured sugar-free jelly crystals (not vegetarian)
- [ ] 300 g frozen mixed berries (don't defrost)

For the topping

- [ ] 200 g 0% fat Greek yogurt
- [ ] 200 g half-fat crème fraiche
- [ ] 10 g toasted flaked almonds
- [ ] Grated zest 1 lemon

Nutrition Facts

Per serving

Calories	**161**
Total fat	8.4 g
Saturated fat	3 g
Sodium	Not listed
Total carbs	12.3 g
Fiber	1.4 g
Total sugars	5.5 g
Protein	8.2 g

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Method

- [ ] 1 Whisk 40g wholemeal flour, half tsp baking powder and 5 tsp granulated sweetener together in a bowl.
- [ ] 2 Beat in 2 tbsp rapeseed oil, the small beaten egg and 1 tsp vanilla extract until smooth, then beat in 50ml water.
- [ ] 3 Use the extra 1tsp of rapeseed oil to oil the dish, rubbing it around a 1 pint microwave-proof bowl, pour in the sponge mixture and microwave on full power (800w) for 2 minutes 20 seconds, then leave to cool.
- [ ] 4 Bring 250ml skimmed milk to boiling point in a pan.
- [ ] 5 In a cup, stir the 20g cornflour, 1 tsp vanilla extract, 5 tsp granulated sweetener and the remaining 2 tbsp skimmed milk together until smooth.
- [ ] 6 When the milk is about to boil, stir in the cornflour mixture, keep stirring with a wooden spoon until it thickens and comes back to boiling point, then take the pan off the heat and leave the custard to cool.
- [ ] 7 Break the cooled sponge into pieces and scatter them over the base of a glass bowl.
- [ ] 8 Make up the 23g sachet of strawberry flavoured sugar-free jelly crystals following the pack instructions, using about 10 per cent less water than stated, then set aside for 10 minutes to cool.

- [ ] **9** Scatter the 300g frozen mixed berries over the sponge straight from the freezer, which helps the jelly set faster.
- [ ] **10** Pour the jelly over the berries and sponge, then chill in the fridge for 1½ hours until set.
- [ ] **11** Spread the cooled custard over the set jelly and return the bowl to the fridge for 30 minutes, or cover in cling film at this point and leave it in the fridge overnight if you wish.
- [ ] **12** Stir the 200g 0% fat Greek yogurt and 200g half-fat crème fraiche together, spread the mixture over the custard, then finish with the 10g toasted flaked almonds and the grated zest of 1 lemon.