

Fruit Trifle

Serves 10

Ingredients	
200g plain sponge cake or trifle sponges	300g custard made with Orgran custard powder
150ml grape juice	250 mls pouring cream
400g frozen fruits or fresh strawberries	

- **METHOD:**
 - If using frozen fruits of the forest, defrost completely and use any juice to drizzle over the sponge, if using fresh strawberries, remove the hull and slice the fruit.
 - Cut the cake into small pieces to line a large serving dish.
 - Drizzle the grape juice (and juice from frozen fruit if using) over the sponge.
 - Top the soaked cake with the fruit and then the custard.
 - Place in the fridge for at least 30 minutes.
 - Serve the trifle with a drizzle of pouring cream.
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- ✓ **COOK'S TIP- FOR PUREE DIETS, SERVE A PREVIOUSLY PREPARED, FROZEN FRUIT PUREE.**
 - ✓ **FOR WHEAT FREE DIETS, USE A WHEAT FREE SPONGE CAKE**
 - ✓ **FOR DAIRY FREE DIETS, USE READY MADE SOYA CUSTARD AND PREPARE A SPONGE CAKE USING SOYA SPREAD. DO NOT SERVE CREAM.**

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
156	4	7	21	4.4	0.2	0.7	75