

Foodnity Recipes

Banana Split Trifle Recipe

Layered banana split trifle with cake, bananas, strawberries, and a silky vanilla cream.

20 min Prep time	**20 min** Total time	**6** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Base

- [ ] 1 package (about 8 oz) vanilla sponge cake, cut into 1-inch cubes
- [ ] 1 tbsp lemon juice

Fruit Layer

- [ ] 3 ripe bananas, sliced
- [ ] 1 cup fresh strawberries, hulled and quartered
- [ ] 2 tbsp sugar (optional, to macerate fruit)

Cream Topping

- [ ] 1 cup heavy whipping cream
- [ ] 2 tbsp powdered sugar
- [ ] 1 tsp pure vanilla extract

Garnish

- [ ] Chocolate shavings or cocoa powder
- [ ] Extra strawberry slices for decoration

Instructions

1. In a large bowl, toss the banana slices with lemon juice to keep them bright.
2. If you like a sweeter fruit layer, sprinkle the strawberries with sugar and let them sit for 10 minutes, then pat dry.
3. Whip the heavy cream with powdered sugar and vanilla until soft peaks form; set aside.
4. In a clear trifle dish, start with a layer of cake cubes, then add a spoonful of banana slices, followed by strawberries.
5. Spoon a generous dollop of whipped cream over the fruit, then repeat the layers until the dish is full.
6. Finish with a swirl of whipped cream, sprinkle chocolate shavings, and garnish with a few strawberry slices.
7. Refrigerate for at least 30 minutes before serving so the cake absorbs the fruit juices.

Nutrition per serving

380 kcal	5 g	45 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- You can prepare the fruit layer a day ahead; just keep the bananas covered with lemon juice.
- For a tropical twist, add a splash of pineapple juice to the fruit.
- If you prefer a firmer texture, use pound cake instead of sponge.