

Foodnity Recipes

Berry Trifle Recipe – Sweet Simple Layers

15 min Prep time	**15 min** Total time	**6** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Berries and Cream

- [ ] 2 cups mixed berries (strawberries, blueberries, raspberries)
- [ ] 1 cup heavy cream, cold
- [ ] 2 tbsp powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest

Layers

- [ ] 1 package ladyfingers or 1 short sponge cake, cut into cubes
- [ ] 3 tbsp berry juice (from the berries)
- [ ] Optional: 1 tbsp orange juice for extra brightness

Instructions

1. Wash the berries, pat them dry, then slice strawberries if large. Set aside.
2. In a chilled bowl, whip the heavy cream with powdered sugar and vanilla until soft peaks form; fold in lemon zest gently.
3. Arrange a layer of ladyfinger cubes in the bottom of each glass, then drizzle with 1-2 tbsp berry juice to let them soften.
4. Spoon a generous layer of whipped cream over the soaked cake, then scatter a handful of mixed berries.
5. Repeat the layers – cake, juice, cream, berries – until the glass is filled, finishing with berries on top.
6. Refrigerate for at least 30 minutes. Before serving, dust with a little powdered sugar and a pinch of lemon zest.

Nutrition per serving

210 kcal	4 g	18 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using frozen berries, thaw and squeeze excess moisture before layering.
- Avoid over-whipping the cream; it should stay silky.
- For a decorative touch, add a sprig of mint just before serving.