

Foodnity Recipes

# Brownie Trifle

A decadent layered dessert combining brownies, custard, and whipped cream.

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|---|---|---|
| **20 min**<br>Prep time | **20 min**<br>Total time | **6**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | |

## Ingredients

### Brownie Layer

- [ ] 12 oz (340 g) chocolate brownie, cut into cubes
- [ ] 1 tsp sea salt (optional)

### Vanilla Custard

- [ ] 2 cups whole milk
- [ ] ½ cup sugar
- [ ] 3 large egg yolks
- [ ] ¼ cup cornstarch
- [ ] 1 tsp vanilla extract
- [ ] 2 tbsp unsalted butter

### Whipped Topping

- [ ] 1 cup heavy cream
- [ ] 2 tbsp powdered sugar
- [ ] ½ tsp vanilla extract

### Garnish

- [ ] Chocolate shavings
- [ ] Fresh berries (optional)
- [ ] Drizzle of caramel sauce

## Instructions

1. Warm the brownie cubes in a microwave for 20 seconds so they become slightly soft; set aside.
2. In a saucepan, whisk milk, sugar, egg yolks, and cornstarch; cook over medium heat, stirring constantly until thickened. Remove from heat, stir in butter and vanilla.
3. Let the custard cool slightly, then layer half of the brownie cubes at the bottom of a glass bowl, pour half of the custard over, and repeat the layers.
4. Whip the heavy cream with powdered sugar and vanilla until soft peaks form; dollop or pipe over the top layer.
5. Sprinkle sea salt, chocolate shavings, and berries; refrigerate for 30 minutes before serving.

### Nutrition per serving

| 420 kcal | 6 g | 45 g | 22 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- For deeper chocolate flavor, add 1 tsp espresso powder to the custard.
- If the custard is too thick, thin with a splash of milk.
- A quick chill of the serving glasses adds a crisp contrast.