

Foodnity Recipes

Easy Peach Trifle

A quick, beautiful peach trifle with fresh fruit, creamy custard, and light sponge.

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

Ingredients

Main Ingredients

- [ ] 4 ripe peaches, peeled and sliced
- [ ] 1½ cups sponge cake, cut into 1-inch cubes
- [ ] 1 cup vanilla custard (store-bought or homemade)
- [ ] 1 cup heavy whipping cream
- [ ] 2 tbsp honey
- [ ] 1 tsp lemon zest

Instructions

1. In a bowl, whisk the heavy cream with honey until soft peaks form; set aside.
2. Layer the bottom of a clear trifle bowl with half of the sponge cubes, allowing them to sit for a minute.
3. Spread a layer of vanilla custard over the sponge, then sprinkle half of the sliced peaches.
4. Repeat with the remaining sponge, custard, and peaches; finish with a generous dollop of whipped cream.
5. Garnish with lemon zest and a light dusting of powdered sugar; chill for at least one hour before serving.

Nutrition per serving

280 kcal	5 g	32 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using fresh cottage cheese for custard, blend until smooth to avoid lumps.
- For extra aroma, add a drizzle of peach-nectar syrup before the final chill.
- Serve in clear glasses to showcase the beautiful layers.