

Foodnity Recipes

Lemon Lush Trifle Recipe – Light & Refreshing Dessert

20 min Prep time	**15 min** Cook time	**35 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 1/2 cups sponge cake, cut into 1-inch cubes
- [ ] 1/4 cup fresh lemon juice
- [ ] 2 tbsp lemon zest
- [ ] 1/3 cup simple syrup
- [ ] 2 cups mixed berries (strawberries, blueberries, raspberries)
- [ ] 1 cup heavy cream
- [ ] 2 tbsp powdered sugar
- [ ] 1/2 cup lemon curd

For the Garnish

- [ ] Extra lemon zest
- [ ] A dusting of powdered sugar

Instructions

1. Zest the lemons, then whisk the zest with lemon juice and simple syrup; set aside.
2. In a large bowl, gently toss the cake cubes with half of the lemon-syrup mixture until lightly soaked.
3. Whip the heavy cream with powdered sugar until soft peaks form; fold in a spoonful of lemon curd for a subtle tang.
4. In a glass trifle dish, start with a layer of soaked cake, spread a thin layer of lemon curd, sprinkle berries, then dollop whipped cream. Repeat layers, ending with whipped cream and a drizzle of remaining lemon-syrup.
5. Refrigerate for at least one hour; finish with a dusting of powdered sugar, extra zest, and a final handful of fresh berries.

Nutrition per serving

280 kcal	5 g	32 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- The cake should be lightly soaked; too much liquid makes it soggy.
- Add berries just before serving for brightest color and texture.
- If you prefer a sweeter trifle, increase powdered sugar by one tablespoon.