

Foodnity Recipes

Peaches and Cream Trifle (No-Bake)

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

Ingredients

Main Ingredients

- [ ] 4 ripe peaches, sliced
- [ ] 1 cup angel food cake, cubed
- [ ] 2 cups heavy whipping cream, chilled
- [ ] 2 tbsp honey
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp lemon juice

Optional Garnish

- [ ] Fresh mint leaves
- [ ] Extra honey drizzle

Instructions

1. Slice the peaches and toss them gently with lemon juice and a drizzle of honey; set aside to macerate for a few minutes.
2. In a chilled bowl, whisk the heavy cream with vanilla extract until soft peaks form; avoid over-whipping.
3. Layer the bottom of each glass with a handful of cake cubes, then add a layer of peach slices.
4. Spoon a generous layer of whipped cream over the peaches; repeat layers until glasses are full, finishing with cream.
5. Garnish with a mint leaf and a light honey drizzle; serve immediately or chill briefly.

Nutrition per serving

210 kcal	4 g	22 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cake feels too dry, sprinkle a tiny bit of peach juice before layering.
- For extra aroma, add a pinch of ground cinnamon to the whipped cream.
- Use clear glasses to showcase the beautiful layers.