

Foodnity Recipes

# Pecan Pie Trifle Recipe – Sweet Layered Delight

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| **20 min**<br>Prep time | **10 min**<br>Cook time | **30 min**<br>Total time |
| **6**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 1 cup toasted pecans, roughly chopped
- [ ] 1 cup caramel sauce
- [ ] 2 cups heavy whipping cream, chilled
- [ ] 2 tbsp powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 cup graham cracker crumbs
- [ ] 2 tbsp melted butter

### Optional Garnish

- [ ] Extra caramel drizzle
- [ ] A pinch of sea salt

## Instructions

1. Preheat a small skillet over low heat, add pecans, and toast for 3-4 minutes, stirring until fragrant; set aside to cool.
2. Combine graham cracker crumbs with melted butter; press into the bottom of each glass to form a thin crust.
3. Whip the chilled cream with powdered sugar and vanilla until stiff peaks form; fold in half of the caramel gently.
4. Layer the crumb base, a spoonful of caramel, a dollop of cream, and a sprinkle of toasted pecans; repeat layers, finishing with cream on top.
5. Refrigerate the assembled trifle for at least 30 minutes, then drizzle remaining caramel and add a final pinch of sea salt before serving.

### Nutrition per serving

| 420 kcal | 6 g | 38 g | 28 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- For extra depth, add a dash of cinnamon to the caramel.
- If you prefer a firmer texture, chill the crumb base before adding wet layers.
- You can substitute the caramel with a maple butter for a seasonal twist.