

Foodnity Recipes

Scoop of Heaven Trifle Recipe

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

Ingredients

Main Ingredients

- [ ] 1 loaf vanilla sponge cake, cubed
- [ ] 2 cups mixed fresh berries (strawberries, blueberries, raspberries)
- [ ] 1 cup heavy whipping cream
- [ ] 2 tbsp powdered sugar

For the Custard

- [ ] 2 cups whole milk
- [ ] 3 egg yolks
- [ ] 1/3 cup sugar
- [ ] 2 tbsp cornstarch
- [ ] 1 tsp vanilla extract
- [ ] Zest of 1 lemon

For the Assembly

- [ ] 1 tbsp honey
- [ ] Extra lemon zest for garnish

Instructions

1. In a saucepan, whisk together milk, egg yolks, sugar, and cornstarch over medium heat until thickened; stir in vanilla and lemon zest, then let cool.
2. While custard cools, whip the heavy cream with powdered sugar until soft peaks form; set aside.
3. In a large trifle bowl, layer half of the cake cubes, pour half of the custard over them, and let the cake absorb the liquid.
4. Add a layer of fresh berries, then spoon half of the whipped cream over the fruit, spreading gently.
5. Repeat with the remaining cake, custard, berries, and whipped cream, finishing with a decorative swirl of cream.
6. Drizzle honey over the top, sprinkle lemon zest, and refrigerate for at least one hour before serving.

Nutrition per serving

420 kcal	7 g	45 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra brightness, add a splash of orange juice to the custard.
- If you like a touch of crunch, sprinkle toasted almonds just before serving.
- Make sure the whipped cream is chilled; it holds its shape better.