

Foodnity Recipes

Strawberry Trifle – Best Ever Dessert

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

Ingredients

Main Ingredients

- [ ] 1 pound fresh strawberries, hulled and sliced
- [ ] 2 cups heavy whipping cream
- [ ] 1/4 cup powdered sugar
- [ ] 1 teaspoon vanilla extract
- [ ] 1 cup angel food cake, cubed
- [ ] 1 teaspoon lemon zest

Garnish

- [ ] Fresh mint leaves
- [ ] Honey drizzle (optional)

Instructions

1. In a chilled bowl, whisk the heavy cream with powdered sugar and vanilla until soft peaks form.
2. Gently fold the lemon zest into the whipped cream, then set aside.
3. In a glass trifle bowl, start with a layer of cake cubes, then drizzle a spoonful of cream, and sprinkle a handful of sliced strawberries.
4. Repeat layers—cake, cream, strawberries—ending with a generous dollop of cream on top.
5. Top with whole strawberries, a drizzle of honey, and a few mint leaves. Refrigerate for 20 minutes before serving.

Nutrition per serving

280 kcal	5 g	30 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra sparkle, sprinkle a pinch of pink food-grade glitter on the top.
- If the strawberries release too much juice, pat them dry before layering.
- Adjust sweetness by tasting the whipped cream before folding.