

## TRIFLE

Serves 12-14

Use a glass serving bowl with a minimum volume of 2 litres.



### Ingredients

#### Jelly layer

300mls / 1¼ cups unsweetened apple juice (divided)  
1 sachet JEI-IT-IN (see note)  
250g strawberries, washed and hulled  
20ml / 1 tablespoon maple syrup  
½ teaspoon vanilla essence

#### Cake layer

1 x 25cm / 10inch [Gluten Free Swiss Roll](#)

#### Custard layer

375mls / 1½ cups unsweetened almond milk  
1 sachet JEI-IT-IN (see note)  
200g fresh mango (see note)  
50g banana  
1 teaspoon vanilla

#### Cream layer

300g / 2 cups raw cashews (see note)  
2 large or 3 small medjool dates  
300mls / 1 1/4 cups water  
2 teaspoons vanilla essence

#### Fruit layer

300g mixed berries

### Notes

1. While there are a few layers to this trifle if the swiss roll is made the day before, the rest is quick as each layer takes very little time to prepare. Allow at least an hour for the jelly and an hour for the custard to set.

2. If you have a high speed blender the cashews for the cream layer don't need to be soaked. This also gives the cream a whiter appearance. If you need to soak the cashews do that first before starting on the jelly and they will be ready when needed.

### Method

#### Jelly layer

In a small saucepan measure 200mls of apple juice and sprinkle on the sachet of JEI-IT-IN. Once fully dissolved heat gradually until boiling and let boil for 1 minute. Take off the heat.

In a blender put the remaining 100mls of apple juice, strawberries, maple syrup and vanilla. Blend until smooth. Add the hot juice and blend again. Alternatively add the blended strawberry mix to the hot juice in the saucepan and quickly stir until smooth. Immediately pour into the serving bowl, scraping out with a spatula quickly as it starts to jell rapidly. Place in fridge to completely set.

#### Cake layer

Cut the swiss roll into slices and place on top of the set jelly. They can be upright around the edge for decorative effect with the middle pieces upright as well. For this trifle recipe the whole swiss roll is used. It is best to do a bit of measuring of your bowl before cutting the roll to determine how many slices are needed to cover the jelly and how thick they will need to be.

#### Custard Layer

Put the almond milk in a small saucepan and sprinkle on the sachet of JEI-IT-IN. Once fully dissolved heat gradually until boiling and let boil for 1 minute. Take off the heat.

In a blender put the mango, banana and vanilla. Blend until smooth. Add the hot almond milk and blend again. Alternatively add the blended fruit mix to the hot almond milk in the saucepan and quickly stir until smooth. Immediately pour over the swiss roll in the serving bowl. Place in fridge to completely set.

**Notes (cont)**

3. JEI-IT-IN is a vegetarian jelling agent, available from supermarkets that stock this Queen product. The method described in this recipe is for this product as it must be boiled in order to set. It sets VERY quickly.

4. Fresh mango is best however if only frozen is available use that. If there are any icicles on the pieces rinse and drain, otherwise the custard will be diluted. The quantity is the finished weight of mango required.

5. Frozen berries can have boiling water poured through them and drained if they haven't been taken from the freezer in time.

**Method (cont)**

**Cream layer**

Put cashews, dates, water and vanilla in a high speed blender and blitz until a really smooth cream. Pour over the set cold custard layer. Cover and return to fridge until ready to serve.

**Fruit layer**

If using frozen berries allow to thaw and drain. (see note)

Pile berries on top of cream layer. Serve immediately.

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