

Fruit Trifle

1 Glutino brand GF chocolate cake mix
(follow box directions, adding egg, milk/milk substitute and butter)

Go Bio Organic Vanilla Pudding and Pie Filling
(follow packet directions for cooking with 2 cups milk and 2 tbsp maple syrup)

1 small bottle Harmony Organic Heavy Cream, for whipping

4 cups total of your favourite fruits: strawberries, blueberries, raspberries and banana slices

Instructions:

Find a deep, clear bowl (or red wine glasses may be used instead for individual servings).

Prepare cake a day ahead.

On serving day, prepare pudding and let stand to cool for 2 hours.

After 2 hours, whip cream with an electric mixer until stiff.

Starting with bite sized pieces of cake, begin layering a deep clear bowl/wine glass with chocolate cake.

Drop a few berries in the spaces.

Add a layer of pudding, followed by a layer of whipped cream.

Sprinkle fruits evenly across the next layer.

Repeat starting with cake.

As the final layer, after all the whipped cream has been spread flat on top, arrange the rest of the berries or other fruits evenly on top.

Keep refrigerated until serving.

Variation: Add cinnamon to the pudding mix for a holiday flavour.

Merry Christmas!

From the recipe library of Andrea Bartels RNT Registered Nutritional Therapist

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