

## LUXURY LOW FAT SHERRY TRIFLE

A delicious twist to a conventional trifle, making it ideal for a special occasion whilst still healthy and low in fat.

Serves 4

Per serving: 265 Calories, 3.6g Fat

Prep time: 10 minutes

Setting time: 60 minutes

## INGREDIENTS

4 fat-free trifle fingers  
2 tbsps sweet sherry  
4 tps fruit compote  
200g (7oz) fresh strawberries, sliced  
1 packet strawberry jelly  
1 x 75g packet instant low-fat custard  
4 small pots low-fat vanilla-flavoured live yogurt  
extra strawberries to decorate

## METHOD

1. Make up the jelly as per the packet instructions and allow to *almost* set.
2. Break the trifle sponges into 4 individual trifle dishes, drizzle with sherry and add a teaspoon of fruit compote before covering with sliced strawberries.
3. When the jelly is almost set whisk with a fork then pour over the strawberries in the dishes, then slice more strawberries on top of the jelly.
4. Meanwhile, make up the instant custard using boiling water and allow to cool before pouring it onto the second layer of sliced strawberries. Place in the refrigerator.
5. When completely chilled, cover with the vanilla-flavoured yogurt.
6. Decorate with fresh strawberries and serve.

