



8

Servings

20_{min}

Prep Time

35_{min}

Cook Time

55_{min}

Total Time

Keto Trifle

Ingredients

Vanilla Cake

- 80g butter
- 140g almond meal
- 60g keto sweetener, I used Sukrin Monkfruit
- 60g cream or coconut cream
- 3 large eggs
- 1 ½ tsp vanilla extract
- 1 tsp baking powder

Jelly

- 1 packet of sugar free jelly prepared as per packet instructions. I used Aeroplane Jelly Lite Vanilla Berry

Custard

- 4 large egg yolks
- 250g chilled coconut cream, we want as much as the solid cream as possible
- 20g powdered sweetener, I used Sukrin Melis
- 2 tsp vanilla extract
- ¼ tsp xanthan gum

Topping suggestions

- whipped cream
- double cream
- fresh blueberries and strawberries
- grated dark chocolate

Macros Per Serve

Calories - 202 | Fat – 18.4g
Net Carbs – 1.9g | Protein – 6.2g

Conventional Method

Custard

- 1 Add all ingredients to a small saucepan.
- 2 Over a medium-low heat whisk until combined well and slightly thick. This will take 5 - 10 mins.
- 3 Place in the fridge to chill and thicken.

Vanilla Cake

- 1 Preheat oven to 170°. Line the base of a cake tin and grease the sides with a little butter.
- 2 Place the butter in a microwave proof bowl and heat for 30 sec on high. Repeat until butter is soft.
- 3 Add cream and vanilla and whisk together well.
- 4 Continue whisking and crack the eggs in one at a time, combining well.
- 5 Add the remaining ingredients and mix well.
- 6 Scrape the batter into the prepared cake tin and smooth out the top with a spatula.
- 7 Bake for 20 mins, testing with a cake tester before removing from the oven.
- 8 Leave for 5 mins and then remove from the tin and place on a wire rack to cool completely.

Constructing the trifle

- 1 Cut the vanilla cake in half and put one half aside. Slice the other into smaller pieces. I cut mine approx 3cm long and 1.5cm wide.
- 2 Place the cake on the base of a trifle bowl or in the bottom of individual glasses.
- 3 Spoon jelly on top of cake.
- 4 Pour custard over the top of the jelly.
- 5 Top trifle with your choice of toppings.
- 6 Refrigerate for at least 15 mins before serving.

Thermomix Method

Custard

- 1 Insert butterfly into a clean Thermomix bowl.
- 2 Add all ingredients and cook for 10 mins/70°/sp3.
- 3 Place in the fridge to chill and thicken.

Vanilla Cake

- 1 Preheat oven to 170°. Line the base of a cake tin and grease the sides with a little butter.
- 2 Place the butter in the Thermomix bowl and melt 2 mins/60°/sp3. It doesn't have to be completely melted, a mix of melted and soft is fine.
- 3 Add cream and vanilla extract and mix for 30 sec/sp3.
- 4 Set the Thermomix to mix on sp3 and add the eggs one at a time through the measuring cup hole. Mix for 30 secs.
- 5 Add the remaining ingredients and mix for 30 sec/sp3. Scrape the sides and mix for a further 15 sec/sp3.
- 6 Scrape the batter into the prepared cake tin and smooth out the top with a spatula.
- 7 Bake for 20 mins, testing with a cake tester before removing from the oven.
- 8 Leave for 5 mins and then remove from the tin and place on a wire rack to cool completely.

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