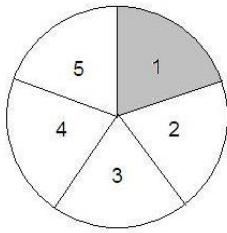


Quick, Easy, No Fuss Trifle

Serves 6-8

Portions of fruit & vegetables per serving: 1



Allergen information:

Allergens are in bold.

Contains milk

Contains cereals
containing gluten

May contain egg

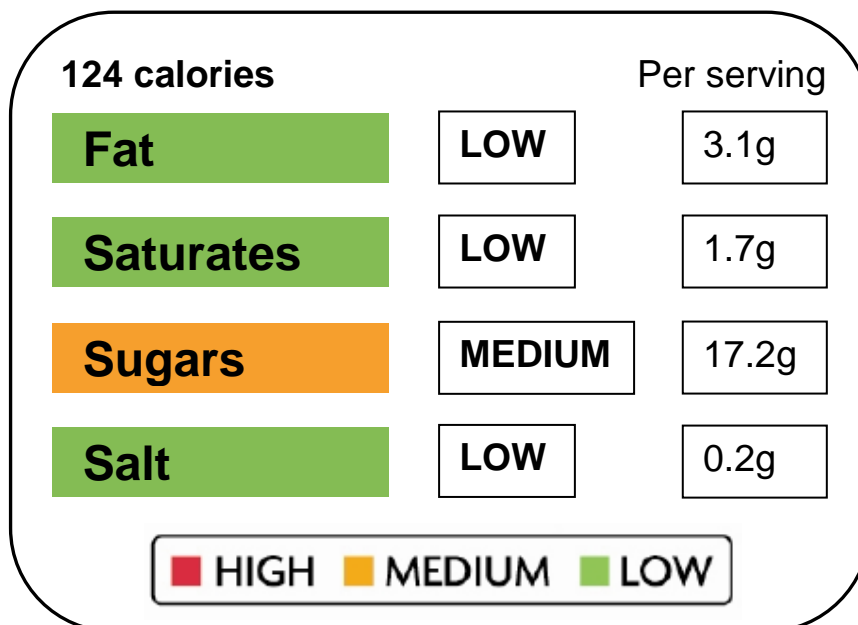
Ingredients	Amount	Preparation
plain sponge/madeira cake	$\frac{1}{2}$ medium cake	
mixed fruit in fruit juice	2 cans (400g/14oz each)	
low fat custard	1 can/2 small cartons (425g/15oz)	

Please Turn Over



Method

- 1 Slice the cake into even pieces and place at the bottom of a large serving dish.
- 2 Open the cans of fruit and, using a spoon, place the fruit on top of the cake.
- 3 Pour the juice (from the fruit) evenly over the fruit so that it soaks into the sponge.
- 4 Open the custard and pour it over the fruit and sponge.
- 5 Chill in the fridge before serving.



Handy Hints

- Try to avoid using fruit canned in syrup as it contains a lot more sugar.
- Fresh chopped fruit can also be used - add 2-3 tablespoons of apple or orange juice to moisten the sponge and sprinkle bananas and apples with lemon juice to stop them going brown.
- Put some extra fruit salad on the side or decorate with fresh fruit to make up to a whole portion of your 5 a day.
- Instead of low fat custard, a large tub of low fat yogurt could be used.

