

# Easy raspberry cream & berry trifles



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**Preparation:** about 30 minutes

**Serves:** 6

125g raspberries

$\frac{2}{3}$  cup thickened cream

2 tbs icing sugar

1 cup thick Greek-style yoghurt

500g medium strawberries

250g blueberries

100g meringues, roughly crushed

1. Place raspberries in a bowl, roughly mash with a fork. Whip cream and 1 tbs icing sugar in a medium mixing bowl until soft peaks form. Beat in yoghurt. Swirl through raspberries. Chill for 10 minutes.
2. Hull strawberries and slice lengthways. Place in a bowl, add blueberries. Sprinkle with remaining 1 tbs icing sugar and gently toss to combine. Set aside for 10 minutes.
3. Layer crushed meringues, raspberry cream and berries in 6 x 1 cup serving glasses (or use and 6-8 cup trifle bowl if preferred). Cover and refrigerate for 1 hour and serve.



### Raspberries

- An excellent source of dietary fibre which helps keep the intestine functioning well.
- A top source of vitamin C which is important in the body's defence against illness.
- Provide some folate (important for heart health) and small quantities of vitamin E which is important for keeping red blood cells healthy.