

Mango, passionfruit & raspberry cream trifle



Mango, passionfruit & raspberry cream trifle

Preparation: about 20 minutes

Serves: 6

If preferred, you can layer the trifle in individual cocktail or serving glasses.

300ml carton thickened cream

1 ½ cups vanilla custard

250g sponge finger biscuits, each cut into four

50ml orange liqueur or rum (or use apple juice)

2 mangoes, peeled and chopped

4 passionfruit, pulp removed

125g raspberries (or blueberries)

1. Whip cream in a medium bowl until soft peaks form. Fold through custard.
2. To assemble trifle, layer half the biscuits in the base of a 6-cup serving bowl. Sprinkle with half the liqueur, rum or juice. Top with half the cream mixture, half the mangoes and half the passionfruit pulp. Repeat layering, using remaining ingredients. Sprinkle with raspberries. Cover and chill for 6 hours or overnight and serve.



Mango

- An excellent source of vitamin C which helps the body defend itself against infection.
- A good source of beta carotene, which the body converts to vitamin A (important for healthy skin and eyes). The highest levels are found in mangoes with deep orange-coloured flesh.
- A source of dietary fibre and also potassium. Fibre is important for the digestive system and potassium helps balance the sodium from foods with added salt.

For fresh fruit and vegetable recipes visit
www.sydneymarkets.com.au

SYDNEY MARKETS

SYDNEY MARKETS

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. SUM09