

# Peach & raspberry cream trifles



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Preparation: 30 mins (+ chilling time) Serves: 4

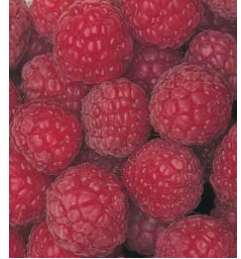
### Ingredients:

- 3/4 cup cream
- 1 tbs caster sugar
- 1/2 cup thick Greek-style yoghurt
- 120g raspberries
- 3 large ripe (freestone) peaches
- 125g Amaretti biscuits\*

\*Amaretti is a type of macaroon biscuit available from most supermarkets

### Method:

1. Whip cream and sugar in a medium bowl until soft peaks form. Gently stir through yoghurt. Using a fork, mash half the raspberries in a small bowl. Stir mashed raspberries through cream mixture. Cover and chill for 30 minutes.
2. Place peaches into a large heatproof bowl. Pour boiling water over peaches to cover and set aside for 1 minute. Drain, refresh peaches under cold water and peel. Cut peaches in half, remove stones and cut flesh into 2cm pieces.
3. Place amaretti biscuits in a small plastic bag. Using a rolling pin, roughly crush biscuits.
4. To make trifles, layer raspberry cream, peaches and crushed amaretti biscuits in serving glasses. Top with remaining raspberries and serve.



### Raspberries:

- An excellent source of dietary fibre, which is concentrated in the tiny seeds in each segment of the berries.
- An excellent source of vitamin C – one of the vitamins that helps protect us against infections.
- A source of folate, one of the B complex vitamins that is important for heart health and especially important during the early stages of pregnancy.