

Recipe of the week

Fresh Fruit Trifle

Ingredients

- Swiss roll
- Tinned fruit in juice, e.g. raspberries, strawberries, mandarins, peaches
- Low fat ready to serve custard
- Aerosol cream [light]
- Fresh strawberries.

Step 1

Place a small slice of Swiss roll at the bottom of the bowl.

Step 2

Place the tinned fruit and its juice over the Swiss roll.
Spoon over the custard

Step 3

Squirt cream on top of the custard and decorate with the fresh strawberries.