

Berry Keto Trifle

Calories: 0 kcal

Servings: 16

Time: 0 Mins

Ingredients

Instructions

1. Keto Sponge Cake:
2. Preheat oven to 160°C (340°F). Using an electric mixer, beat the ricotta and erythritol together.
3. Add whole eggs, mixing in 1 at a time.
4. Add melted butter, almond flour, baking soda and salt and combine well.
5. In a separate bowl, whisk egg whites until soft peaks form, then fold lightly through ricotta mix.
6. Pour mixture into your desired baking tray size, lined with baking paper, we used 22cm x 22cm baking tin (9" x 9").
7. Bake for 35-40mins.
8. Keto Custard:
9. Add cream, sweetener, vanilla and salt to a small saucepan. Heat over medium heat stirring occasionally until just boiling, then take off the heat.
10. Meanwhile whisk together the egg yolks until well combined.
11. Slowly pour the hot cream mixture over the egg yolks, whisking continuously.
12. Return the mixture to a clean saucepan. Cook over medium-low heat, stirring continuously, until the mixture thickens and coats the back of a spoon.
13. Remove from the heat and strain to remove the vanilla pod and any lumps.
14. Strawberry Jelly (prepare 10 mins before you layer the Trifle):
15. Wash, chop and blend up strawberries in a bullet or small blender.
16. Whisk together water and gelatin, then add to blender.
17. Blend for 1-2 mins and then strain over glass bowl to remove large pips and lumps, let sit for 5 mins while you start assembling the trifle.
18. Trifle Assembly:
19. Once cake has cooled, chop into smaller rectangular pieces and layer along the bottom of the trifle bowl.
20. Pour over jelly once it has started to set already (you may need to refrigerate for 5 minutes).

21. Once sponge is completely covered, pour cooled and thickened custard layer over the top and spread until covered completely.
22. Cover custard in sliced raspberries and strawberries (1-2 layers of berries).
23. Place the trifle in the fridge to start setting, while you whip the cream for the last layer.
24. Once cream is whipped, spread a thick layer on top of the berries. Decorate the top of your trifle as you like. We suggest adding blueberries (along with the strawberries and raspberries) for a splash of color.
25. Chill until ready to serve.

Equipment

- Electric Mixer
- Bullet or Blender
- Large Trifle Bowl