

Trifle

IDDSI 6

Dessert

Recipe source: Beyond the Blender Dysphagia Cookbook

Time to make: 15 mins

Servings: 8

Ingredients:

- 1 large jam Swiss roll (shop bought)
- 2 packets jelly crystals (raspberry or strawberry)
- 1L custard
- 2 bananas
- 3 ripe mangoes or 825g tinned sliced mangoes
- 600ml thickened cream
- 250ml vanilla yoghurt
- 1 tsp vanilla essence
- 3 tbsps icing sugar

Instructions:

- Make jelly according to packet instructions the night before.
- Slice Swiss roll into 1–2cm rounds.
- Chop the banana and mango into bite-sized pieces (no bigger than 1.5cm).
- Whip the cream with the vanilla essence, using a hand mixer.
- Line the bottom of a large glass dish, or several small dishes with cake slices.
- Layer the jelly, custard, cream, yoghurt and fruit in the glass dish as desired.
- Top with some pieces of banana and mango, and dust with icing sugar to finish.

Note: This recipe is not suitable for those on thickened fluids as it contains jelly.



Dietitian's Top Tips:

If your goal is to gain weight, use full-fat custard/vanilla yoghurt and double cream.