

Strawberry trifle



 30 min.  380 kcal  SteviaSweet Crystal

Preparation

Cut half the strawberries into slices. Cut the bread into cubes. Mix milk, [SteviaSweet Crystal](#) and cardamom in a shallow bowl. Add the bread cubes and let them soak up the liquid.

Mix together the cream, [SteviaSweet Crystal](#) and vanilla and whisk until the mixture is airy. Layer the trifle in a bowl (approx. 1 litre) alternating it with the sliced strawberries. Refrigerate the bowl for an hour to allow the flavours to develop.

Garnish the trifle immediately before serving. For the garnish, slice the remaining strawberries and spread them on the trifle along with the chopped pistachio kernels and fresh mint leaves.

Ingredients for 6 servings

| | |
|---------|-------------------------------------|
| 400 g | fresh strawberries |
| 100 g | white bread |
| 100 ml | milk |
| 2 tbsp | SteviaSweet Crystal |
| 1/2 tsp | ground cardamom |

| | |
|---------|-------------------------------------|
| 200 ml | cream (38%) |
| 250 g | mascarpone |
| 3 tbsp | SteviaSweet Crystal |
| 1/2 tsp | ground vanilla |

Serve with

| | |
|--------|---------------------------|
| 1 tbsp | chopped pistachio kernels |
| | fresh mint |

Nutritional information per portion

| | |
|------|-----------------|
| 380 | kcal |
| 1595 | kJ |
| 6.8 | g Protein |
| 14 | g Carbohydrates |
| 33 | g Fat |