

Recipe Name: Caramel Apple Trifle Recipe

Diet Type:

Course: Dessert

Cuisine: British

Quantity:



Ingredients

Ingredient	Quantity
• 2 Apples	4
• 1/2 liter Milk	
• 3 tablespoons Custard powder	
• 3 tablespoons Sugar - + 2 tablespoons	
• 8 Sponge cake slice	
• 1 teaspoon Butter	

Preparation

- To begin making the Caramel Apple Trifle recipe, boil milk and once it comes to boil, reduce the flame.
- Mix custard powder without lumps adding little milk and add it to boiling milk stirring continuously.
- Add 3 tablespoons of sugar and keep whisking without lumps until it thickens.
- Keep aside and allow it to cool.
- Refrigerate until layering.
- Next, heat butter in a heavy bottomed pan.
- Wash and cut apples into small pieces.
- Add it to pan along with 2 tablespoons of sugar.
- Simmer the flame and do not stir.
- Cook in low flame until the sugar caramelize and coats the apple making it soft.
- Allow it to cool.
- For layering, take a tall glass and add cooled custard to the bottom.
- Then add a layer of sponge cake followed by a layer of caramel apples.
- Then repeat again starting with layer of custard, sponge cake and caramel apples on top.
- Drizzle some caramel on top and refrigerate it.
- You can also add whipped cream.



- Serve chilled and enjoy.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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