

STRAWBERRY TRIFLE

By Dr. Cindy Tanzar

Indulge in this delightful Strawberry Trifle, a layered dessert that beautifully balances flavor and texture. Start with a light and fluffy cake made from almond and coconut flour, sweetened with erythritol, and infused with a hint of vanilla. Next, creamy layers of heavy cream and tangy sour cream—whipped to perfection and sweetened to taste—create a rich contrast. Finally, luscious slices of strawberries burst with freshness, adding a vibrant, fruity touch. This trifle is not only visually stunning but also makes for a guilt-free treat that everyone will love! Perfect for gatherings or a special dessert after dinner. Enjoy every delightful bite!

Makes 16 servings.



INGREDIENTS

Cake layer

- 2 cups almond flour/meal
- 1/3 cup coconut flour
- 1/3 cup erythritol (can use granulated or powdered)
- 2 tsp. baking powder
- 6 large eggs
- 1/3 cup coconut oil (measure solid, then melted)
- 1 tsp. pure vanilla extract



Cream layer

- 1-1/2 cups heavy cream
- 1-1/2 cups sour cream
- 1/3 cup powdered erythritol or to taste (grind granulated in coffee grinder or food processor)
- 1/2 tsp. pure vanilla extract

Strawberry layer

- 1-1/2 lb. strawberries, sliced

DIRECTIONS

Cake layer

1. Preheat oven to 350°F. Line bottom of 9" round or 8" square pan with parchment paper.
2. In a large bowl, mix together the almond flour, coconut flour, erythritol and baking powder
3. Stir in the eggs. Whisk together the melted coconut oil and vanilla extract then stir that in, as well. Mix until a dough forms.
4. Transfer the dough to the lined pan and press in evenly. Bake for 25-30 minutes, until the top is golden and firm.
5. Let the cake cool to room temperature, then cut into 1" cubes.

Cream layer

1. Meanwhile, make the cream layer. Use a hand mixer to beat the heavy cream until stiff peaks form.
2. Add sour cream, powdered erythritol and vanilla. Beat again until well incorporated.

ASSEMBLY

1. Arrange half of the cake cubes at the bottom of a trifle bowl.
2. Arrange 1/2 of the strawberries over the cake layer, including the top and sides against the edge of the bowl.
3. Top the trifle with half of the cream mixture
4. Repeat layers again, with the cream being last. You can reserve some strawberries to use for garnish.
5. Cover and chill for 2-3 hours.