



Peach, pear and cinnamon trifle

This gives a slight twist on the traditional festive dessert. Choose ripe fruits, or canned ones in natural juice, for maximum flavour.

Prep time: 10 minutes

Cooking time: 10 minutes

Serves: 6

1 serving 193 calories / 0.7g fat

Ingredients

4 ripe peaches (or used canned ones in juice)
2 ripe pears (or use canned ones in juice)
2 tsps. ground cinnamon
2 sherry glasses of sweet sherry
1 packet strawberry or raspberry jelly
1 x 425g ready-to-eat low-fat custard
1 vanilla pod
300g (11oz) 0% Greek yogurt
2 cinnamon sticks

Method

1. If using fresh fruit, prepare the fruit by cutting the peaches in half and removing the centre stones. Chop into slices and place in a small saucepan. Peel the pears and cut into quarters lengthways. Chop into small pieces and add to the saucepan. If using canned fruit, drain the fruit away from the juice.
2. Add 1 tsp on ground cinnamon, along with the sherry, and place the saucepan over a low heat to soften the fruit.
3. Make up the jelly according to the packet instructions, reducing the water by 120ml (4 fl oz) to allow for the sherry.
4. When the fruits are soft and have absorbed the flavours of the sherry and the cinnamon, arrange the fruit in the bottom of a glass bowl, reserving a few slices for the top. Pour the jelly over the top and refrigerate until set, preferably overnight.
5. When set, cover with the low-fat custard.
6. Place the vanilla pod onto a chopping board. Using the point of a sharp knife, split the pod down the centre lengthways. Run the blade of the knife along the pod, scraping out the vanilla seeds. Add the seeds to the yogurt, along with the remaining cinnamon, and mix well.
7. Spoon the yogurt over the top of the custard and smooth with a knife. Decorate with the reserved fruit slices.