



Tools Needed:

Blender

Glass bowls

Strawberry, Raspberry, and Passionfruit Trifle with Pine Nut Cream

(Serves Eight) 280 Calories; 12g fat

To macerate means to soak a food (usually a fruit) in a liquid to infuse the fruit with the liquid's flavor. Usually, a spirit or liqueur is the soaking liquid. It is perfectly OK to also use citrus, such as orange juice. The cream used is an alternative to a dairy-rich cream. It is made with pine nuts!

Pine Nut Cream:

½ C Pine Nuts (Pignolas)

½ C hot Water

2 T Honey

Filling:

3 Oranges

2 T Honey

1 t Orange Blossom Water (optional)

1 pound Strawberries (16 oz.)

8 oz. Angel Food Cake

Edible Flowers (garnish)

Soak the pine nuts in hot water for approximately 30 minutes to soften.

To make the pine nut crème, drain the pine nuts; reserving the soak water. Add the pine nuts and ¼ cup soak water to the blender. Blend until just creamy. Add the honey and continue blending until a smooth consistency is reached. If needed, add a bit more water to keep the blender going. Refrigerate in an airtight container for at least 2 hours.

To make the soaking liquid, squeeze the 3 oranges (freshly squeezed oranges are best!) into a bowl. Add the honey, optional orange blossom water, and whisk until incorporated. Pour out half a cup of the liquid into a separate bowl, and set aside. Set aside 3-4 strawberries, hull the remaining strawberries, and slice thinly. Put the slices into the soaking liquid and let sit while prepping the remaining ingredients.

Prepare the angel food cake: Slice into ¼" thick slices. Using a pastry brush, brush each slice with the reserved liquid. Line a clear glass bowl with the slices, by starting at the bottom of the bowl, and working up the sides, pressing down as you go along. Set aside.

To assemble the trifle: Using a slotted spoon, remove half the strawberries and spread on the bottom of the angel food cake lined bowl. Top with half the pine nut crème blend. Repeat the process with the remaining strawberries and pine nut crème blend. Decorate the top of the trifle with the optional edible flowers and the reserved strawberries. Cover and let chill in the refrigerator for at least 30 minutes.

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Benefits:

Strawberries - One strawberry provides you with 20% of your recommended intake of antioxidant rich Vitamin C! Just think: 5 strawberries a day, and you have a powerful disease fighting compound working for you every day, not to mention you also get 20% of your recommended daily intake of fiber!