

Festive Chocolate and Orange Trifle

Serves: 2

Difficulty:



Ingredients:

- 1 x 298g can mandarin segments in fruit juice
- 2 tablespoons fat-free vanilla yoghurt
- ½ tablespoon half-fat creme fraiche
- 2–3 drops almond essence
- Zest ½ orange
- 1 tablespoon mandarin juice (from can)
- 10g dark chocolate (70% cocoa), grated
- 2 amaretti biscuits, crushed

Method:

1. Drain the juice from the mandarins into a bowl and set aside.
2. Put the vanilla yoghurt, creme fraiche, almond essence, orange zest, one tablespoon of mandarin juice and most of the grated chocolate into a bowl, and mix thoroughly.
3. Set four mandarin segments aside for decoration. Into two individual serving glasses, layer the mandarin segments, crushed amaretti biscuit and the yoghurt mix.
4. Decorate with the remaining mandarin segments and chocolate and chill until ready to serve.

Top tip!

Try to pick a variety of fat-free vanilla yoghurt that contains less than 8g sugar per 100g. Alternatively, swap it for low-fat natural yoghurt with 3 drops of vanilla extract.

For more recipes, contact the Wellbeing Service on:
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