



Amasi Jelly Trifle

Serves: 4

INGREDIENTS

- 200 g Coconut biscuits, crushed
- 80 g Strawberry Jelly powder
- 2 cups Amasi
- 500 ml Fresh Custard
- Garnishing, fresh strawberries

METHOD

- Mix the jelly powder with the amasi using a whisk
- Divide the crushed biscuits into 4 glasses, leaving some biscuits for garnishing
- Top the crushed biscuits with the jelly and amasi mixture.

- Add the custard on top of the jelly and amasi mixture to create the third layer of the trifle.
- Finish of by garnishing with some crushed biscuits and freshly cut strawberries.
- Allow the trifles to set in the fridge for about 2 hours before serving.

Nutrition Facts

Serving size: 350 g

	Per 100 g	Per serving
Energy (kJ)	500	2370
Protein (g)	2.9	13.6
Cho (g)	16	75
Fat (g)	5	23
Calcium (mg)	40	140
Sodium (mg)	45	158
Dietary Fibre (g)	0.6	2.1



www.rediscoverdairy.co.za

An Initiative of the Consumer Education Project of Milk SA