



# Trifle with yogurt mousse

10'  
Hands on

4  
Portion(s)

1  
Difficulty



## Method

- **Cut** the sweetbread into small pieces and divide them between 4 serving glasses.
- In a **bowl**, add the orange juice and honey to make a syrup. Whisk until the honey dissolves.
- Pour the syrup over the sweetbread in each glass.
- In a bowl, add the yogurt, sweetened condensed milk and orange zest. Whisk to create a yogurt mousse.
- Add 2-3 tablespoons of the mousse to each glass.
- Add the walnuts and berries.
- Cover with yogurt mousse and extra berries.
- Serve with mint leaves.

## Ingredients

- 3 slices sweet bread
- orange juice
- orange zest
- 1 tablespoon(s) honey
- 1 kilo strained yogurt
- 400 g sweetened condensed milk
- 100 g walnuts
- 100 g fresh berries
- 100 g blueberries
- 100 g strawberries

## Διατροφικός πίνακας

Nutrition information per portion

858 Calories (kcal)	36.0 Total Fat (g)	13.0 Saturated Fat (g)	101.0 Total Carbs (g)
43%	51%	65%	39%
87.0 Sugars (g)	29.0 Protein (g)	6.5 Fibre (g)	0.96 Sodium (g)
97%	58%	26%	16%