

Quick Trifle Puddings

Ingredients

For the bottom layer

A packet of sugar free/juice sweetened biscuits
1 cup of cherries
2 cups of apple juice (pressed)
2 tsp agar agar
a pinch of sea salt

for the custard layer

3 cups of oat milk (or other plant, sugar free milk)
3 tbsps arrowroot powder
1/2 tsp turmeric
pinch of salt
1/4 cup of milk (for mixing the arrowroot)
1/4 cup of rice syrup
1 tbsp vanilla essence

For the cream topping

1 carton of oat cream (or soy cream)
1/2 cup of fresh raspberries (for decorating)
2 tbsp arrowroot or cornflour
1/4 cup of cold milk
2 tbsp rice syrup
1 tbsp vanilla essence

Method

Make the base by pouring the apple juice, cherries, agar and a pinch of sea salt into a pan. Bring to a boil and simmer for 10 minutes mixing continuously until the agar dissolves. Next, layer the biscuits into the bowl or individual pudding dishes. Pour over the hot apple juice & cherry mixture and place in the fridge and allow to set for 20 minutes.

Meanwhile, make the custard. Add the milk into a pan with the turmeric, vanilla essence, rice syrup and sea salt. Bring to a boil. Dissolve the arrowroot with the cold milk and mix well. Pour this into the simmering milk mixture and keep stirring with a whisk as it thickens. Pour over the set jelly.

Make the cream by adding the oat cream to a pan. Bring to a boil and then simmer. Add in the vanilla essence and rice syrup. Dissolve the arrow root or corn flour in the cold milk and then add into the oat cream keep stirring until it thickens. Mix well and then pour over the custard layer. Decorate with fresh raspberries.