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# Marionberry Raspberry Lowfat Summer Trifle

*A deliciously refreshing and low fat dessert that can impress your guests year-round, as it can easily be prepared a day ahead, with fresh or frozen berries.*

## Raspberry Layer

- 1 1/2 cups whole frozen raspberries
- 3 tablespoons sugar, or to taste
- 1-2 tablespoons raspberry or other berry liqueur
- 1 1/2 cups fresh or whole frozen raspberries

## Marionberry Layer

- 1 1/2 cups whole frozen Marionberries
- 3 tablespoons sugar, or to taste
- 1-2 tablespoons raspberry or other berry liqueur
- 1 1/2 cups fresh or whole frozen Marionberries

Thaw 1 1/2 cups of raspberries and process in blender or food processor to make a puree. (NOTE: Measure all berries in fresh or frozen state.) Strain through a fine sieve to remove seeds. Stir in sugar and berry liqueur. Refrigerate for later use. May be made several days ahead. Follow same procedure for Marionberry puree. (HINT: Pint squirt bottles are helpful tools in storing puree as

well as in assembly of finished Trifle.)

### Light Custard

- 4 1/2 cups skim milk
- 5 eggs
- 1 cup sugar
- 1/3 cup cornstarch
- 4 teaspoons clear vanilla or 2 teaspoons almond extract

Using a double boiler, heat 4 cups milk until steam rises from the surface.

In a separate bowl, combine eggs, remaining 1/2 cup milk and 1 cup sugar. Sift in cornstarch and whisk until well blended.

Remove scalded milk from heat, and gradually whisk in egg mixture. Return pan to top of double boiler and whisk constantly over medium heat until very thick and smooth, 10-15 minutes.

Remove from heat and stir in vanilla or almond extract. Transfer to a bowl, press plastic wrap onto surface and allow to cool slightly.

- 1 medium size angel food cake (about 17 ounces)
- 2 tablespoons raspberry or other berry liqueur

### Assembly

**Use a 3 quart straight-sided Trifle Bowl.** Cut cake in 1" to 2" cubes. (This can be done ahead, placing cubes in sealed plastic bag.) Arrange 1/2 the cake squares on the bottom of the trifle bowl, including any irregular shapes. Sprinkle with 1 Tablespoon berry liqueur and evenly distribute raspberry puree mixture over cake layer. Arrange berries evenly in a layer, especially around sides. Spoon 1/2 the custard over berries. Repeat with remaining cake, liqueur, Marionberry puree, Marionberries, any additional fruit and custard. Cover and chill at least 4 hours or one day ahead. Garnish with additional berries and fruit in the center just before serving.

**SERVES: (16) 3/4 cup servings or (24) 1/2 cup servings**

**NUTRITIONAL ANALYSIS: EACH 3/4 CUP SERVING PROVIDES 260 CALORIES: 7 g PROTEIN, 2 g FAT, 52 g CARBOHYDRATE; 282 mg SODIUM; 68 mg CHOLESTEROL; 1 g ALCOHOL**