



Disclaimer: Image contains non-puree food items which should be avoided if following a strict puree diet.

Preparation

- 1** In a medium bowl, whip the cream then add sugar, vanilla sugar and yoghurt.
- 2** Liquidise and add the required amount of Thick & Easy Clear. For instructions on how to use Thick & Easy Clear, see chapter 'How to use Thick & Easy Clear'.
- 3** Mix amaretto/espresso and biscuits, liquidise and thicken with Thick & Easy Clear to achieve a smooth consistency.
- 4** Blend frozen raspberries, liquidise, strain and add required amount of Thick & Easy Clear to achieve a smooth consistency. Layer the biscuits, cream and raspberries into 4 cups and serve.

Raspberry Trifle

For online video please
visit: www.fresubin.com



No. of servings

4

Ingredients

- 300g frozen raspberries, thawed
- 250ml cream
- 30g white sugar
- 150g plain yoghurt
- 1 packet vanilla sugar
- 100g biscuits
- 120ml amaretto or espresso
- Thick & Easy Clear



Tips

Add spices to taste.

Nutritional information per serving*

Energy kcal	385
Protein g	6
Fat g	23
Carbohydrate g	34
Fibre g	4