

Berry Trifle

MIND foods: Whole grains, berries, nuts, olive oil

Serves 4

Time: 1 hr 20 min

Difficulty: Easy

Ingredients

- 4 cups 1" cubes of banana bread, loosely packed (see below)
- 8 oz pomegranate juice
- 4 cups Greek yogurt
- 1 tsp vanilla extract
- 1 T honey
- ¼ tsp cardamom
- 2 cups blueberries (12 oz)
- 2 cups sliced strawberries (16 oz)

Banana Bread

- 2 ½ cups sliced over-ripe bananas (about 3-4 large bananas)
- ¼ cup olive oil
- 2 eggs
- 1 T vanilla extract
- ½ cup Greek yogurt
- 2 cups whole-wheat pastry flour
- 1 tsp baking soda
- ½ tsp baking powder
- ½ tsp salt
- ½ cup chopped walnuts



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Method

1. Make the banana bread. Preheat oven to 400. Grease 4"x8" loaf pan. Roast bananas for 15 minutes. Let cool. Set oven to 325.
2. Whisk to combine bananas, oil, eggs, vanilla, and yogurt.
3. In a separate bowl, combine flour, baking soda, baking powder, and salt.
4. Sift dry ingredients into wet using a spoon, then fold in walnuts.
5. Add batter to loaf pan and bake at 325 for 45 minutes, or until toothpick tester comes out clean. Cool.
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1. Cut bread into 1" cubes, and soak in pomegranate juice in shallow pan.
2. Combine yogurt, vanilla, honey and cardamom. Set aside.
3. In clear medium serving bowl, layer half of banana bread, half of strawberries, yogurt, most of blueberries, yogurt, rest of banana bread, most of other half of strawberries, and yogurt. Garnish with remaining berries.
4. If using four (4) 2-cup mason jars, reserve a few berries for garnish, then layer ¼ cup banana bread, ¼ cup strawberries, 1/3 cup yogurt, ½ cup blueberries, 1/3 cup yogurt, ¼ cup banana bread, ¼ cup strawberries, 1/3 cup yogurt. Garnish with reserved berries.



Notes

To speed up ripening, place bananas and an apple in a brown paper bag for a few days. Bake bread a day ahead and assembly becomes a snap next day.

Put yogurt into a plastic food bag, then snip bottom corner to pipe in yogurt.

No sifter? Use a whisk to break up clumps in the dry ingredients.

Sub blackberries and raspberries instead of blueberries and strawberries to mix it up.