BRITISH · DESSERT

Keto Berry Trifle with Lemon Whipped Cream

60 min · plus cooling | Makes 20 × ¾ cup | 319 kcal a portion | Video 5:13 · KetoFocus

Vegetarian | Gluten-free ingredients

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Almond-flour sponge, fresh berries and cream with zero-sugar sweeteners: under 6 g net carbs and no added sugar in a ¾-cup serve, so it suits a keto or low-carb day.

Diet notes: Keto (5.6 g net carbs a serve).

Ingredients 22 · MAKES 20 × ¾ CUP

- [ ] 300 g **almond flour**
- [ ] 180–240 ml **sugar-free sweetener** (for the cake)
- [ ] 2½ tsp **baking powder**
- [ ] 1 tsp **salt**
- [ ] 4 **eggs**, yolks and whites separated
- [ ] 2 extra **egg whites**
- [ ] 60 g **sour cream**
- [ ] 55 g **unsalted butter**, melted
- [ ] 60 ml **heavy cream** (or nut milk), for the cake
- [ ] 2 tsp **vanilla extract**
- [ ] **oil spray**, for greasing the pans
- [ ] 142 g **strawberries**, diced, for the sauce
- [ ] 2 tbsp **ChocZero vanilla sugar-free syrup** (or sugar-free sweetener)
- [ ] 2–3 tbsp **water**
- [ ] 950 ml **heavy whipping cream**
- [ ] 50 g **sugar-free sweetener** (for the cream)
- [ ] 25 g **lemon zest** (about 4 lemons)
- [ ] 2½ tbsp **lemon juice** (from the zested lemons)
- [ ] 150 g diced **strawberries**
- [ ] 150 g **blackberries**
- [ ] 130 g **raspberries**
- [ ] 110 g **blueberries**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 175°C and grease and line two 20 cm cake pans. In a large bowl, mix the almond flour, baking powder and salt. 0:40
2. Add the 4 egg yolks, sour cream, melted butter and vanilla, then the sweetener and 60 ml cream, and mix until combined. 1:10
3. Beat all 6 egg whites with an electric mixer to stiff peaks. Stir a third into the thick batter to loosen it, then gently fold in the rest. 1:41
4. Divide the batter between the pans and bake for 18–20 minutes. Cool on a wire rack. 2:06
5. For the sauce, cook the diced strawberries with the sugar-free syrup over medium heat until they release their juice and thicken. Add 2–3 tbsp water and blend smooth. 2:30
6. Whip the 950 ml of cream with the sweetener until it starts to thicken, add the lemon zest and juice, then beat on high to stiff peaks. 3:10
7. Cut the cake into bite-sized cubes. In a trifle bowl, layer a third of the lemon cream, half the cake, half the sauce and half the berries; repeat, finishing with cream. Chill until serving. 3:50

> **Tip** Makes a big bowl (20 serves); halve everything for a smaller trifle dish or layer it into individual glasses. Make it ahead and keep it chilled.

The method is a summary in our words — the video shows every step.

One portion (¾ cup) gives you 1 OF 20 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
319 kcal 1,340 kJ	6.3 g 13% of a day	8.8 g 5.6 g net · 4.4 g sugars 3% of a day
FIBRE	**FAT**	**SODIUM**
3.2 g 12% of a day	30 g 14 g saturated 38% of a day	210 mg 9% of a day

Energy from net carbs 7% · protein 8% · fat 85% — fits keto: 5.6 g net carbs, 85% of the energy from fat

High in (20%+ of a day) Vitamin E 32% · Vitamin A 28%

Source of (10–19%) Vitamin C 17% · Omega-3 13% · Magnesium 12% · Selenium 11% · Vitamin B12 10%

Recipe and video: KetoFocus (@KetoFocus) on YouTube — youtube.com/watch?v=NSq848wkiUQ, published 28 May 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-berry-trifle-lemon-cream