

Dessert

Apple-Ginger Crisp Trifle

Riverside Bank (Georgia) Cookbook

Servings: 12

TO MAKE AHEAD: You may fully prepare up to four hours ahead (so the granola stays crunchy).

Leftovers will keep up to three days in refrigerator.

2 cups heavy cream

3 tablespoons sugar

1/2 teaspoon vanilla extract

6 cups cubed ready-made gingerbread (one 8-in square pan)

2 jars (23 oz) chunky applesauce

4 cups low-fat granola

In the bowl of an electric mixer, on high setting, beat the heavy cream, sugar and vanilla until almost stiff peaks form (about three minutes).

Lay about 2 cups of cubed gingerbread in the bottom of a large glass bowl or trifle dish. Cover with about 1 1/4 cups of applesauce. Sprinkle one cup of granola on top of applesauce. Spread 1 1/4 cups of whipped cream on top of granola. Repeat this layering two or three times (depending on the dimensions of the dish).

Place remaining whipped cream on top of dish.

Per Serving (excluding unknown items): 167 Calories; 15g Fat (77.2% calories from fat); 1g Protein; 9g Carbohydrate; trace Dietary Fiber; 54mg Cholesterol; 16mg Sodium. Exchanges: 1/2 Fruit; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.