

Honey Gingerbread Trifle

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Servings: 12

1 cup sour cream
1 cup honey
1 large egg
1/4 cup canola oil
2 1/2 cups all-purpose flour
1/2 teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
2 teaspoons ground ginger
1/2 teaspoon ground cinnamon

PUDDING LAYER

2 cups 2% milk
1 package (3.3 ounce) instant white chocolate pudding mix

PUMPKIN MOUSSE LAYER

1 cup 2% milk
1 package (3.4 ounce) instant pumpkin spice pudding mix
1 carton (8 ounce) frozen whipped topping, thawed

Preparation Time: 25 minutes

Bake Time: 25 minutes

Preheat the oven to 350 degrees.

In a bowl, beat the sour cream, honey, egg and oil until well blended.

In another bowl, whisk together the flour, salt, baking soda, baking powder, ginger and cinnamon. Gradually beat into the sour cream mixture. Transfer to a greased nine-inch square baking pan.

Bake until a toothpick inserted in the center comes out clean, about 25 to 30 minutes. Cool in the pan for 5 minutes. Remove to cool on a wire rack.

For the pudding layer: In a bowl, whisk the milk and white chocolate pudding mix for 2 minutes. Let stand until soft-set, about 5 minutes. Refrigerate.

For the mousse layer: In another bowl, whisk the milk and pumpkin spice pudding mix for 2 minutes. Fold in the whipped topping. Refrigerate.

To assemble: Cut the cake into one-inch cubes. In a three-quart trifle bowl or other glass serving dish, layer one-third of the cake cubes, white chocolate pudding and pumpkin mousse. Repeat the layers twice.

Refrigerate, covered, for four hours or overnight.

This gingerbread has a coarser crumb than most and stands up well to the creamy pudding. The longer it sits, the more tender the cake will be.

Per Serving (excluding unknown items): 300 Calories; 10g Fat (30.6% calories from fat); 6g Protein; 47g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 283mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 2 Fat; 1 1/2 Other Carbohydrates.