

Girl Guide Vanilla Banana Trifle



GIRL GUIDE VANILLA BANANA TRIFLE

Ingredients for 4 servings

- 10 classic vanilla Girl Guide cookies
- Vanilla pudding (recipe below)
- Vanilla whipped cream (recipe below)
- 2 bananas
- 1/2 C (125 mL) toasted walnuts

VANILLA PUDDING:

- 2 cups (500 mL) milk
- 1/2 cup (125 mL) sugar
- 4 egg yolks
- 1/3 cup (75 mL) flour, sifted
- 2 tsp (10 mL) vanilla extract

Instructions

Combine milk and 2 Tbsp of sugar in a saucepan. Bring to a boil on medium heat. Combine egg yolks and remaining sugar in a bowl and whisk until thick and pale in colour.

Whisk flour and vanilla extract into egg mixture.

When the milk starts to boil, slowly pour 1/3 of the liquid into the egg mixture while constantly stirring it to prevent scrambling the eggs.

Pour egg mixture into saucepan with remaining milk and place back on heat. Stir vigorously until mixture thickens and comes to a boil again.

Pour pudding into a bowl and place plastic wrap on surface of pudding. Let cool in refrigerator for a few hours.

Once cooled, make the vanilla whipped cream and assemble the trifle.

VANILLA WHIPPED CREAM

Ingredients

- 1 cup (250 mL) whipping cream
- 1 Tbsp (15 mL) powdered sugar
- 1/4 tsp (1 mL) vanilla extract

Instructions

Combine the cream, powdered sugar, and vanilla extract in a bowl. Whip until soft peaks form.

Assembly

1. Crush classic vanilla Girl Guide cookies and place most of them at the bottom of trifle dish.
2. Add a layer of vanilla pudding.
3. Slice bananas and place on pudding layer.
4. Sprinkle some toasted walnuts over top.
5. Add a layer of vanilla whipped cream and top with more walnuts and vanilla cookies.
6. Chill until ready to serve.



This recipe was developed by *Petite and Sweet*. Owners and event planners Elle Daftarian and Caspar Haydar use their unique talents to offer full-service event planning and catering from their lifestyle boutique in Toronto.
petiteandsweet.ca

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