

TRIFLE WITH CREAMY KEFIR AND FRUIT



Trifle Ingredients:

- 1/2 cup creamy milk kefir
- 1/2 cup muesli of your choice
- about 1/2 cup or more fruit of your choice
- optional: 1 tbsp honey, or aloe vera syrup, or maple syrup, etc.

Trifle with kefir preparation

To make just the right consistency of this recipe, you must strain kefir first. Put a thick plastic sieve over a bowl and pour in your milk kefir. For easy straining use the Cheese Maker with integrated mesh basket. Leave kefir in the refrigerator for at least 3-4 hours for the whey to separate, leaving your kefir thick and creamy. Sometimes it takes longer for kefir to strain to the desired consistency. This needs to be done in the fridge to avoid over fermentation and sourness of milk kefir.

Start assembling the trifle in a glass jar. Put alternate layers of kefir, muesli and fruit, in a cup. We used blueberries and strawberries for this recipe. We also baked homemade granola with oats, honey and cinnamon. If you want, you can sprinkle some sugar on top of your trifle. Add some mint for more flavour of your dessert.

See more kefir recipes [here](#).

Products used to prepare this recipe:



Kefir Fermenter

[Buy on Kefirko.com](https://www.kefirko.com)



[Organic Milk Kefir Grains](#)

[Buy on Kefirko.com](#)



Cheese Maker

[Buy on Kefirko.com](https://kefirko.com)