

Grilled peach and coconut trifle

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Nothing says summer quite like this peach and coconut trifle!

Ingredients (serves 6)

- 3 peaches, stoned and halved
- 2 tbsp maple syrup
- 2 cups Greek [yoghurt](#)
- $\frac{1}{2}$ cup [raspberries](#), crushed
- $\frac{1}{4}$ cup desiccated coconut

For the cake

- $\frac{1}{2}$ cup [almond](#) meal
- 1 cup [buckwheat](#) flour
- $\frac{1}{4}$ cup desiccated coconut
- $\frac{3}{4}$ tsp baking powder
- $\frac{1}{4}$ tsp baking soda
- $\frac{1}{2}$ tsp ground cardamom
- $\frac{1}{4}$ cup (60g) [coconut oil](#), melted

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- 1/3 cup almond milk
- 1/3 cup maple syrup
- 1/4 cup coconut cream

METHOD

To make the cake:

Preheat the oven to 180°C. Grease and line a shallow baking tin with baking paper.

In a large bowl, combine all the cake ingredients until smooth. Pour the batter into the prepared tin, smoothing all the way out to the edges. Bake for 25 to 30 minutes or until the centre of the cake springs back to the touch. Cool completely before cutting into small cubes.

To make the grilled peaches:

Preheat the grill to medium-high heat. Lightly brush the halved peaches with maple syrup and grill and flat side down for one minute, or until the peach is slightly charred.

To assemble:

Layer each glass with cake cubes, Greek yoghurt, crushed raspberries, desiccated coconut and sliced grilled peaches. Chill in the fridge for 10 minutes before serving.

Recipes and images by [Zainab Alisadi](#)

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