



CLASSIC TIRAMISU

126
calories

14.3 g
carbs

13.8 g
protein

1.4 g
fat

INGREDIENTS

DIRECTIONS

for the cream base

80g	low-fat
30g	low-fat cream cheese
	Sweetener of choice
2-3 drops	Butter biscuit flavor drops
1 drop	bitter almond concentrate

Whisk the quark and cream cheese together with your sweetener of choice as well as butter biscuit and bitter almond (which gives its delicious amaretto taste)

30ml	water
1 sheet / 2g	gelatin

Let the gelatin sheet soak in cold water (this is important, otherwise it dissolves too early) before adding it to a small amount of hot water to dissolve. Once completely dissolved, add it to the cream mixture

assembly

2.5 pieces	ladyfingers (12g)
1 shot	espresso
1/2 tsp	cocoa (for dusting)

To assemble the tiramisu, crumble one third of the ladyfingers into a glass, spoon some of the espresso shot onto it until the ladyfingers are saturated, and then top it off with one third of the cream mix. Repeat this twice, so you end up with 3 layers ladyfingers and cream total. Dust with a little bit of cocoa powder and chill in the fridge for about an hour



For a quick snack, you can leave out the gelatin and enjoy your tiramisu right away. Keep in mind that this will lead to a thinner and less creamy consistency, but it's still hella delicious!



CLASSIC TIRAMISU

north american version

157
calories

15.3g
carbs

12.5g
protein

15.3g
fat

INGREDIENTS

DIRECTIONS

for the cream base

95g	0% greek yogurt
15g	low-fat cream cheese
	Sweetener of choice
2-3 drops	Butter biscuit flavor drops
1 drop	bitter almond concentrate

Whisk the yogurt and cream cheese together with your sweetener of choice as well as butter biscuit and bitter almond (which gives its delicious amaretto taste)

30ml	water
1 sheet / 2g	gelatin

Let the gelatin sheet soak in cold water (this is important, otherwise it dissolves too early) before adding it to a small amount of hot water to dissolve. Once completely dissolved, add it to the cream mixture

assembly

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