



STRAWBERRY TIRAMISU

152
calories

18.9 g
carbs

15.9 g
protein

1.6 g
fat

INGREDIENTS

DIRECTIONS

for the cream base

80g low-fat quark
30g low-fat cream cheese
Sweetener of choice
2-3 drops Butter biscuit flavor drops
1/4 tsp vanilla extract

Whisk the quark and cream cheese together with your sweetener of choice as well as butter biscuit and vanilla extract

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

60g strawberries
100ml water
2-3 tbsp sweetener
1/4 tsp xanthan gum

Cut up the strawberries and add them to a small pot

Add the water, sweetener, and xanthan gum and simmer it on medium-high until the sauce thickens up a bit (you can also add some strawberry flavor drops to enhance the taste)

2.5 pieces ladyfingers (12g)

To assemble the tiramisu, crumble one third of the ladyfingers into a glass, spoon some of the strawberry sauce onto it until the ladyfingers are saturated, then top it off with a third of the cream. 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!