

TIRAMISÚ

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Desserts/Tiramisu.aspx>

Ingredients

- 1.5 cups coffee (strength according to your desire)
- 4 tables spoons coffee-flavored liqueur (i.e. Kahlúa)
- 3.5 oz. mascarpone cheese
- 8 oz. fat free cream cheese
- 1/3 cup packed brown sugar
- ¼ cup white sugar
- 24 ladyfingers
- 1 tablespoon cocoa powder

Instructions

1. In a medium sized bowl, combine the coffee and 2 tablespoons of the coffee-flavored liqueur.
2. In a separate medium sized bowl, combine the mascarpone cheese, cream cheese, 2 tablespoons liqueur, brown and white sugars. Beat until well-blended.
3. Dip the ladyfingers in the coffee mixture then line them in one layer of an 8-inch square pan. Spread half of the cheese mixture on top of the ladyfingers then repeat with the remaining ladyfingers and cheese mixture.
4. Sprinkle with cocoa.
5. Stick a few toothpicks in the dessert then cover with plastic wrap (the toothpicks keep the plastic wrap from sticking to the dessert.)
6. Chill in refrigerator for at least 2 hours.

Makes 12 servings (Serving Size: 2 ladyfingers (63 g))

Nutritional information per serving (12 servings)

Calories	178	Dietary Fiber	0 g
Calories from fat	47	Sugars	8g
Total Fat	5g	Protein	6 g
Saturated Fat	3 g	Vitamin A	8%
Cholesterol	91 mg	Calcium	6%
Sodium	163 mg	Iron	6%
Total Carbohydrates	25 g	Vitamin C	0%

Percent daily values based on a 2000 calorie diet.



Wellness Center