

Healthy Tiramisu

Serves: 4

Prep time: 20-30 minutes

Chilling time: 1 hour minimum

Difficulty: 3/5

Traditional tiramisu is made with mascarpone, an Italian cream cheese. While it's certainly very tasty, it's also very high in saturated fats (around 30g per 100g), which is linked to conditions such as high cholesterol and heart diseases. By replacing mascarpone with ingredients lower in fats, you'll get to enjoy tiramisu the same way, but with lower fat content!

Ingredients

- 2 cups strong coffee – either espresso or instant
- 750g savoiardi (Italian sponge finger biscuits)
- 500g reduced fat soft cheese – smooth ricotta or cream cheese
- 500g natural Greek yoghurt
- 3 tbsp icing sugar
- Cacao Powder (to decorate)
- Optional: strawberries (to decorate)

Method

1. Mix cheese, icing sugar and yoghurt
2. On a baking dish, spread a layer of the above mixture until the bottom is covered
3. Pour the coffee in a bowl and make sure it is cooled
4. Dip the biscuits, one at a time, into the coffee mixture. A few seconds should suffice – otherwise the biscuit will crumble apart!
5. Place a layer of dipped biscuits into the tray
6. Spread another layer of ricotta mixture
7. Continue layering alternate layers of cheese and savioradi until biscuits run out
8. Finish with a final layer of cheese mixture and sprinkle with cacao powder
9. Optional: decorate with sliced strawberries
10. Chill in the fridge for at least an hour or until you are ready to serve
11. Enjoy!

Nutritional value:

- Cheese and yoghurt belong to the dairy food group, which is well-known for their high levels of calcium, vitamin D, protein, riboflavin, vitamin B12 and more. Adults should aim for at least 2.5 serves per day (and 4 serves for women over 50!) in order to meet their daily nutrient requirements.
- Contrary to cocoa, cacao powder is the unroasted form, meaning that most of its phytonutrients and antioxidants are still present, as opposed to the former which is processed by high heat. They are commonly found in health food shops. While the price of cacao is generally higher, it is worth the investment for its antioxidant properties!