

Tiramisu Parfait



PREPARATION TIME: 30 minutes

MAKES: 8 servings.

CHILL TIME: 3 hours or overnight

This recipe may be tripled if needed.

INGREDIENT	MEASUREMENT	METRIC
sugar-free angel food cake	1 whole	586 grams
hot water	1-1/2 cups	355 grams
decaffeinated instant coffee	3-1/2 teaspoons	3 grams
mascarpone cheese	4 ounces	113 grams
fat-free cream cheese	8 ounces	227 grams
brown sugar, semi-packed	1/8 cup	23 grams
SPLENDA® No Calorie Sweetener Granular	1 cup	24 grams
vanilla extract	1/2 teaspoon	2 grams
cocoa powder	2 teaspoons	3 grams

CUT sugar-free angel food cake into one-inch cubes. Set aside.

DISSOLVE instant coffee in hot water. Chill in refrigerator.

COMBINE mascarpone cheese and cream cheese in a medium mixing bowl. Beat until smooth. Add 2 tablespoons chilled coffee, brown sugar, SPLENDA® Granular, and vanilla. Mix well and set aside.

POUR remaining chilled coffee into a 9 x 13 inch pan.

ASSEMBLE Tiramisu. Quickly add half of the angel food pieces into the coffee. Remove immediately and place in a medium glass serving bowl. Spread or spoon half of cream cheese mixture on top of the angel food cake pieces. Sprinkle with 1 tsp. cocoa powder. Repeat process with remaining angel food cake, cheese mixture and cocoa.

COVER and chill for three hours or overnight before serving.

NUTRITION INFORMATION PER SERVING

Serving Size: 1/8 tiramisu

Total Calories	120	Sodium	170mg
Calories from Fat	60	Total Carbohydrate	8g
Total Fat	7g	Dietary Fiber	0g
Saturated Fat	4g	Sugars	3g
Cholesterol	20mg	Protein	5g

This recipe, when compared to a traditional recipe, has a 70% reduction in calories, an 85% reduction in carbohydrates, and a 94% reduction in sugars!

DIETARY EXCHANGES

1/2 Starch
1 Fat

