



Keto Tiramisu

Active Time: 1 hour | Total Time: 24 hours | Serves: 9

Nutrition Information Per Serving

374 calories, 14.31 g carbohydrate, 0.6 g fiber, 3.04 g NET carbs, 8.35 g protein, 36.84 g fat

Ingredients

- 8 Tbsp(s) Wholesome Sweeteners Organic Zero
- 30 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 2 tsp(s) Rodelle Organics Pure Almond Extract
- 5 large(s) pastured eggs
- 1/4 cup(s) coconut flour, sifted
- 3/4 cup(s) organic coffee
- 1 1/2 cup(s) organic heavy cream
- 16 ounce(s) organic cream cheese
- 1/2 Tbsp(s) organic cocoa powder
- 2 tsp(s) vanilla extract

Preparation

1. Powder the erythritol. Preheat oven to 375 F. Line a baking sheet with unbleached parchment paper. Prepare a pastry bag with a round tip. If you don't have a pastry bag, cut a 1/4 inch corner from a large zip-top bag. Grease or line an 8 x 8 pan with unbleached parchment. Bring cream cheese to room temp.
2. Make the lady fingers. Separate the eggs. Add the whites to a stand mixer or large bowl and beat until stiff peaks form.
3. In a small bowl, whisk the yolks with the powdered erythritol and half the vanilla extract. Slowly sift in the coconut flour.
4. Fold the coconut flour mixture into the egg whites to fully incorporate. Scrape into pastry bag.
5. Pipe mixture onto the prepared pan into 8" long cookies. Transfer to preheated oven and bake 8-10 minutes, o just until golden.
6. Meanwhile make the coffee almond syrup. Add strong brewed coffee to a small saucepan over medium-high heat. Simmer for 5-8 minutes. Add the almond extract.
7. Now, make the cream filling. In a small bowl, combine the cream cheese, remaining vanilla and stevia. Adjust sweetness to your preference.
8. Add the cream to a stand mixer or large bowl. Beat on high until stiff peaks form.
9. Fold the cream cheese mixture into the whipped cream.
10. Now assemble the tiramisu. You will create three layers of cookies. Lay lady fingers into bottom of prepared pan. Drizzle with 1/3 of the coffee almond mixture. Dollop cookies with 1/3 cream cheese mixture and spread to cover. Repeat two more times with remaining cookies, coffee and cream cheese mixture.
11. Cover and refrigerate at least 8 hours, preferably 24.
12. Use a sifter to dust the top of the tiramisu with cocoa powder. Cut into squares and serve.

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