

Quick Tiramisu



A tiramisu that makes a great dessert... and can also serve as a nutritious snack? Oh, yes! With 15 g of protein and 3 g of fibre per serving, this recipe will satisfy your hunger between meals while providing both taste and digestive satisfaction. And yes, it's also low in FODMAPs!

What are you waiting for to try it?

Bon appétit!

Preparation 10 min

Cooking 0 min

Waiting 30 min

Servings 2

Nutrition Facts (per serving)

Calories 210

Fat 5

Carbohydrates 27

Fibre 3

Protein 15

Sodium 65

Ingredients

- 85 ml (? cup) of brewed coffee, hot
- 2 squares (20 g) of 70% dark chocolate

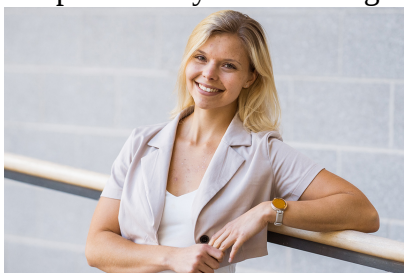
- 250 ml (1 cup) of 0% m.f. natural Greek yogurt, lactose-free
- 15 ml (1 tbsp) of sugar
- 5 ml (1 tsp) of cocoa

Preparation

1. In the cup containing the hot coffee, add one of the chocolate squares. Stir until completely dissolved. Let cool for 2 minutes.
2. Meanwhile, mix the yogurt with the sugar.
3. With your fingers, break 2 rice cakes into small pieces (about 8 pieces per cake). Dip one piece at a time in the coffee mixture and distribute at the bottom of two glasses.
4. Add 60 ml (¼ cup) of the yogurt mixture into each glass, on top of the cakes.
5. Repeat steps 3 and 4.
6. Sprinkle with cocoa powder and grate the remaining chocolate square on top.
7. Cover and refrigerate for at least 30 minutes before serving.

Notes

Keeps for 5 days in the refrigerator, in an airtight container. Do not freeze.



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