

Makeover Monday ~ Tiramisu

It is Monday, so it is time for another recipe makeover. I love to take favorite recipes and make them THM friendly. One of the biggest hurdles people have to overcome is thinking that healthy eating means never having their favorite foods again. The truth is that you can make a healthy version of almost any meal. And most meals don't require that much work to re-make!

My fellow THM Facebook admin Conney asked me to try this recipe. I thought it was going to be difficult and time consuming since everything, including the ladyfinger cookies would need to be made from scratch. I was pleasantly surprised that this went together quickly with very few ingredients!

This recipe is based on traditional Italian Tiramisu. That means there are no "extra" flavoring ingredients. The ladyfingers were easy to make and quite tasty on their own, even though they were plain for the recipe. Adding flavoring like vanilla, or any other extract, would make these a lovely light cookie in their own right. Feel free to add any extra flavoring that you desire.

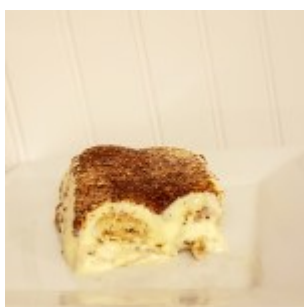
I hope you will enjoy this recipe!

You Will Need:

- eggs
- xes sweetener or gentle sweet
- mascarpone cheese
- espresso (freshly drawn or instant)
- rum extract (optional)
- cocoa powder (optional)
- THM baking blend
- oat fiber
- baking powder

I always use oat fiber to make my baking blend stretch farther. If you do not have oat fiber you can always substitute equal amounts of baking blend unless it is stated otherwise.

Tiramisu ~ THM S



Ingredients for Tiramisu

- 3 egg whites
- 6 egg yolks
- 6 tbsp xes sweetener or gentle sweet
- 8 oz mascarpone cheese at room temperature
- 1 cup espresso cooled to room temperature
- 1/2 tsp rum extract (optional)
- 1 recipe ladyfingers cookies
- cocoa powder for dusting

Ingredients for Ladyfingers

- 4 eggs (separated)
- 1/2 cup xes sweetener or gentle sweet
- 3/8 cup baking blend
- 1/4 cup oat fiber
- 1/2 teaspoon baking powder

Instructions for Ladyfingers

1. Preheat oven to 400 degrees F. Line a 17 x 12 inch baking sheet with parchment paper. Have a gallon sized zipper bag handy or fit a large pastry bag with a plain 1/2 inch round tube.
2. Place egg whites in bowl and beat on high until soft peaks start to form. Slowly add 2 tablespoons of the sweetener and continue beating until stiff and glossy.



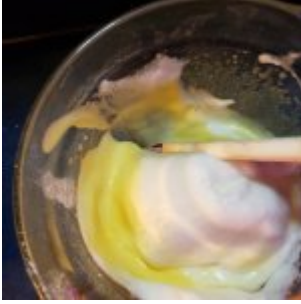
3. In another bowl beat egg yolks and remaining sugar. Whip until thick and very pale in color.



4. Sift dry ingredients together. Fold the egg whites into the egg yolk mixture. Fold in the dry mixture.



5. Fold the egg whites into the egg yolk mixture. Fold in the dry mixture.



6. Transfer mixture to zipper bag or pastry bag. Snip corner off of zipper bag if using and pipe out onto prepared baking sheet.



7. Snip corner off of zipper bag if using and pipe out onto prepared baking sheet.



8. Bake 8-10 minutes.



Instructions for Tiramisu

1. In a clean bowl, whip the egg whites and 3 tbsp of sweetener together with a hand mixer, for about 3-5 minutes until the egg whites hold stiff peaks.



2. In a separate bowl, whip the egg yolks with the remaining 3 tbsp sweetener for 2-3 minutes until the egg yolks are thick and pale yellow in color.



3. Add the mascarpone to the egg yolks and whip until combined.



4. Gently fold the stiff egg whites into the egg yolk mixture and set aside.
5. In a small flat dish or bowl, combine the espresso and rum extract. Dunk each ladyfinger into the espresso mixture for a few seconds. These homemade ladyfingers are more dense than their store bought counterparts, so you can let them soak for 5-10 seconds per side.



6. Place soaked cookies into the bottom of a 8×8 dish.



7. Once the ladyfingers have formed a single layer in the bottom of the dish, spread 1/2 of the custard mixture over the ladyfingers.



8. Arrange another layer of espresso soaked ladyfingers on top, and spread over the remaining custard. Dust top with cocoa powder if desired.



9. Cover the top of the dish with plastic wrap and let the tiramisu refrigerate for 4-6 hours. It does need to sit this long before serving.

10. Serve cold. Enjoy!



*This recipe contains raw eggs, consume at your own risk. You can use pasteurized eggs if there is a concern.

*These ladyfingers are “unflavored” because their purpose is to transfer the espresso flavor. However you can add vanilla extract to them if you’d like. You can also make chocolate ladyfingers by substituting 1/8 cup of the oat fiber for 1/8 cup of cocoa powder. These would be delightful light cookies on their own just by adding the flavoring of your choice.

*This recipe needs to be eaten within a couple days because the eggs will “deflate” overtime.

Do you have a favorite recipe you would like me to THM’ify? Comment below and I will see what I can do!

As always, I appreciate it when you choose to shop through my affiliate links. It costs you no extra but provides me with a small compensation that helps me keep adding valuable content to this blog.

Have you ever considered getting a coach to help you on your journey but you aren’t sure what a coach could do for you? Contact me for a free consultation. I can explain to you how I would help you with no strings attached.