

# Tiramisu

© 2000 *The Complete Cooking Light Cookbook*  
ISBN: 0-8487-1945-X

**Servings: 8**

## Ingredients:

- 2/3 c. sifted powdered sugar
- 1 (8-ounce) tub 1/3-less fat cream cheese
- 1 1/2 c. frozen reduced calorie whipped topping, thawed and divided
- 1/2 c. granulated sugar
- 1/4 c. water
- 3 large egg whites
- 1/2 c. hot water
- 1 Tbl. granulated sugar
- 1 Tbl. instant espresso (or 2 Tbl. instant coffee granules)
- 2 Tbl. Kahlua (coffee-flavored liqueur)
- 20 ladyfingers
- 1/2 tsp. unsweetened cocoa

## Directions:

1. Combine powdered sugar and cream cheese in a bowl; beat at high speed (with electric mixer) until well-blended. Gently fold 1 cup whipped topping into cheese mixture.
2. Combine 1/2 cup granulated sugar, 1/4 cup water, and egg whites in the top of a double boiler; place over simmering water. Beat at high speed with mixer until stiff peaks form using clean, dry beaters. Gently stir one-fourth of egg white mixture into cheese mixture. Gently fold in remaining egg white mixture.
3. Combine 1/2 cup hot water, 1 Tbl. granulated sugar, espresso granules, and Kahlua; stir well.
4. Split ladyfingers in half lengthwise. Arrange 20 ladyfinger halves, cut sides up, in an 8-inch square baking dish. Drizzle half of espresso mixture over ladyfinger halves. Spread half of cheese mixture over ladyfinger halves, and repeat procedure with remaining ladyfinger halves, espresso mixture, and cheese mixture. Spread 1/2 cup whipped topping evenly over cheese mixture; sprinkle with cocoa.
5. Cover with wax paper (not plastic wrap, which will stick). Chill 2 hours.

## Nutrition: (Serving size: 1/8<sup>th</sup> recipe)

Calories: 226

protein: 4.7g

total carbohydrate: 30g

total fat: 7g

sodium: 199mg

dietary fiber: 0g

saturated fat: 4.1g