

# Tiramisu

## Ingredients for Tiramisu

- 3 egg whites
- 6 egg yolks
- 6 tbsp xes sweetener or THM 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 a 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.
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6. Transfer the mixture to a zipper bag or pastry bag.
7. Snip the corner off of the zipper bag if using and pipe it out onto prepared baking sheet.
8. Bake for 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 an 8x8 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” over time.