



HEALTHY MAKEOVER

# Tiramisu

In Italian, *tiramisù* means “pick me up,” but “weigh you down” is more likely if you polish off one food celebrity’s version: Each serving has 880 calories and an astonishing *63 grams of fat* (33 saturated)! We’ve replaced the high-cholesterol egg yolks and mascarpone with reduced-fat cream cheese and low-fat milk, and we used just a bit of whipped cream. Our cocoa-topped 175-calorie dessert will leave you feeling light as a feather.

**Active time** 20 minutes

**Total time** 25 minutes plus chilling

**Makes** 9 servings

- ⅔ c. hot water
- 2 Tbsp. brandy
- 1 Tbsp. instant espresso powder
- ¼ c. plus 1 Tbsp. sugar
- ¼ c. whipping cream
- 1 box (8 oz.) reduced-fat cream cheese (Neufchâtel), softened
- ¼ c. low-fat (1%) milk
- ½ tsp. vanilla extract
- 4 oz. sponge-type ladyfingers (30 halves)
- 1 Tbsp. cocoa powder

1. In small bowl, stir together hot water, brandy, espresso powder, and 1 tablespoon sugar until sugar dissolves.
2. In medium bowl, with mixer on medium speed, beat cream until soft peaks form when beaters are lifted.
3. In large bowl, with mixer on medium-high speed, beat cream cheese and ¼

cup sugar until fluffy, about 4 minutes. Continue beating; add milk and vanilla in slow, steady stream. Beat until well mixed and fluffy, about 2 minutes.

4. With spatula, gently fold whipped cream into cream cheese mixture.
5. In 8" by 8" baking dish, arrange half of ladyfingers, flat sides up, in single layer. Pour half of brandy mixture evenly over; let stand until absorbed.
6. Spread half of cream cheese mixture evenly over ladyfingers. Top with remaining ladyfingers, flat sides up. Brush remaining brandy mixture over ladyfingers, allowing liquid to be absorbed before each addition. Spread evenly with remaining cream cheese mixture.
7. Sift cocoa powder evenly on top. Cover with plastic wrap and refrigerate at least 4 hours or overnight. Garnish with chocolate curls, if desired.

**EACH SERVING** ■ About 175 calories, 4 g protein, 18 g carbohydrate, 9 g total fat (5 g saturated), 0 g fiber, 55 mg cholesterol, 180 mg sodium.

