



## Tiramisu

*This recipe gives the creamy classic Italian coffee-flavor dessert a delightful new health-conscious lease on life because some of the traditional high-fat ingredients have been replaced with fat-free or reduced-fat stand-ins.*

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| <b>2 cartons (8 oz each) fat-free or light dairy sour cream</b>               | <b>2 tbsp coffee liqueur or strong coffee</b>       |
| <b>2 packages (8 oz each) reduced-fat cream cheese (Neufchâtel), softened</b> | <b>2 packages (3 oz each) ladyfingers, split</b>    |
| <b><math>\frac{2}{3}</math> cup sugar</b>                                     | <b>2 tbsp sifted unsweetened cocoa powder</b>       |
| <b><math>\frac{1}{4}</math> cup fat-free milk</b>                             | <b>Sifted unsweetened cocoa powder (optional)</b>   |
| <b><math>\frac{1}{2}</math> tsp vanilla</b>                                   | <b>White and/or dark chocolate curls (optional)</b> |
| <b><math>\frac{1}{2}</math> cup strong coffee</b>                             |   |

1. In a large bowl, combine sour cream, cream cheese, sugar, milk and vanilla. Beat with an electric mixer on high speed until mixture is smooth.
2. In a small bowl, combine  $\frac{1}{2}$  cup coffee and coffee liqueur.
3. In a 2-quart rectangular baking dish, arrange 1 package of the ladyfingers, cut sides up. Brush with half of the coffee mixture and spread with half of the cream cheese mixture. Repeat with remaining ladyfingers, coffee mixture and cream cheese mixture. Sprinkle with 2 tbsp cocoa powder. Cover and chill at least 4 hours before serving. *(Can be stored, covered, in the refrigerator up to 1 day.)*
4. To serve, cut dessert into squares; arrange on a serving platter. Sprinkle with additional cocoa powder and garnish with chocolate curls (if using). Makes 15 servings.

Nutrition Facts per serving: 186 cal., 8 g total fat (5 g sat. fat), 67 mg chol., 182 mg sodium, 22 g carb., 0 g fiber, 5 g protein.