

Keto Tiramisu Original Italian

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-bread-recipe-using-whey>

Ingredients:

- 5 eggs pastured, divided
- 3/4 cup xylitol or Swerve
- 1/2 cup coconut flour
- 1/2 cup whey protein
- 1 lemon organic
- 5 eggs pastured, divided
- 1/3 cup xylitol or Swerve
- 300 grams creme fraiche OR Coconut Cream for a dairy free option
- 1 cup coffee strong brewed organic
- cocoa powder unsweetend, for dusting
- 1/4 cup marsala wine or dark rum, optional

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 380 milligrams
4. Fat: 25 grams
5. Fiber: 4 grams
6. Protein: 14 grams
7. SaturatedFat: 14 grams
8. Sodium: 170 milligrams
9. Sugar: 8 grams

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