

Birthday Tiramisu

Yield: 8 min
Total Time: 27 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-dessert-zabaglione-recipe>

Ingredients:

- lady fingers makes about 20 fingers
- 3 large eggs separated
- 1 teaspoon pure vanilla extract
- 1/2 cup almond flour
- 1/4 cup Swerve Confectioner, or 1 tsp stevia glycerite
- 1/4 teaspoon baking powder
- coffee DIP:
- 6 ounces espresso coffee decaf
- 1/4 cup Swerve Confectioners, or 1 tsp stevia glycerite
- 1 teaspoon rum extract
- 1/2 teaspoon pure vanilla extract
- zabaglione " FILLING:
- 4 egg yolks
- 3/4 cup Swerve Confectioners, or 1 tsp stevia glycerite or to desired sweetness
- 8 ounces mascarpone cheese or cream cheese
- 3/4 cup heavy whipping cream
- 1/2 teaspoon rum extract
- unsweetened baking cocoa to dust in between layers

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 245 milligrams
4. Fat: 26 grams
5. Fiber: 3 grams
6. Protein: 11 grams
7. SaturatedFat: 11 grams
8. Sodium: 230 milligrams
9. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Birthday Tiramisu above. You can see more 15 italian dessert zabaglione recipe Elevate your taste buds! to get more great cooking ideas.