

Tiramisu Ice Cream Bites

Yield: 12 min
Total Time: 21 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-ice-cream-recipe>

Ingredients:

- ladyfingers makes about 20:
- 3 large eggs separated
- 1/4 cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener
- 1 teaspoon vanilla extract
- 1/2 cup blanched almond flour
- 1/4 teaspoon baking powder
- coffee DIP:
- 3/4 cup espresso brewed decaf, or strong brewed decaf coffee
- 1/4 cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener
- 1 teaspoon rum extract
- 1/2 teaspoon vanilla extract
- ice cream
- 1 cup heavy cream
- 8 ounces mascarpone cheese softened
- 1/4 cup Swerve confectioners, or equivalent natural sweetener
- Garnish: optional
- 1 tablespoon unsweetened cocoa powder
- 1/2 tablespoon Swerve confectioners

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 105 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 9 grams

8. Sodium: 115 milligrams
 9. Sugar: 4 grams
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