Snack, Mediterranean

Individual Tiramisu Cups with Orange Cream

A spoonable tiramisu with a toasted almond espresso base under a creamy yogurt and mascarpone layer, brightened with orange zest and a dusting of cocoa.



Vegetarian

18 min	140	14 g	3 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1/2 cup almond flour
- [ ] 1/4 cup plus 1 1/2 tbsp erythritol or other sugar substitute (divided use)
- [ ] 1 tsp ground cinnamon
- [ ] 1/4 tsp salt
- [ ] 1 tbsp espresso or strong coffee
- [ ] 2 cup plain nonfat Greek yogurt
- [ ] 3 tbsp mascarpone cheese
- [ ] 1 tbsp dark rum
- [ ] 2 tsp (from 1 orange) orange zest
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp cocoa powder

Nutrition Facts

Per serving

Calories	**140**
Total fat	8 g
Saturated fat	2 g
Sodium	125 mg
Total carbs	14 g
Fiber	1 g
Total sugars	3 g
Protein	10 g

Method

- [ ] **1** Toast the almond flour in a skillet over medium heat for 3 minutes, stirring often, until golden.
- [ ] **2** Stir the toasted almond flour with 1 1/2 tbsp of the erythritol, the ground cinnamon and the salt, then mix in the espresso. Divide the mixture between 6 serving glasses, about 1 heaping tablespoon each.
- [ ] **3** In a bowl, stir the Plain Nonfat Greek yogurt with the mascarpone cheese, the remaining 1/4 cup erythritol, the dark rum, the orange zest and the vanilla extract until smooth.
- [ ] **4** Spoon about 1/3 cup of the cream over the base in each glass and chill until ready to serve.
- [ ] **5** Dust each tiramisu lightly with the cocoa powder just before serving.

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