

Nutrition Facts

Servings Size: 1 Whole 10oz Tiramisu

Recipe Makes: 2 Servings

Amount Per Serving

Calories **173**

Total Fat 1g

Total Carbohydrate 22g

Protein 19g



Protein Tiramisu

Ingredients (makes 2)

- 40g Flex Brands Vanilla Whey/Casein Blend Protein Powder
- 5g Zero Cal Sweetener
- 6g White Chocolate Sugar Free/Fat Free Pudding Mix
- 120g Plain Non Fat Greek Yogurt
- 6 Rice Cakes (These are smaller and thinner than the quaker ones)
- Fresh Brewed Hot Coffee
- 6g Unsweetened Baking Cocoa

Directions

1. Add your protein powder, sweetener and pudding mix into a bowl and mix to avoid clumping. Then add cold water and mix till you get a runny icing like consistency. Then add your greek yogurt and mix till you have a custard like consistency.
2. Now brew up some coffee and add some of it to a shallow bowl. You will be dunking the rice cakes in this bowl to soften then up and give them that coffee flavor.
3. It's time to build the tiramisu's. Take your 10oz ramekin and add a thin layer to the bottom. Then soak a rice cake in the coffee till it's soft and flexible. Add on top of the custard layer. Then add more custard on top. Then another soaked rice cake. Then more custard. Then one last soaked rice cake and more custard on top.
4. Repeat this for the other tiramisu. Then add a cocoa powder dust on top and enjoy!