

# Baby Tiramisu

Need a quick, lower calorie dessert for the Holidays?  
Try this variation of the classic Italian dessert.

## Ingredients

1/2 cup (4 ounces) nonfat ricotta cheese  
2 TBS confectioners' sugar  
1/2 tsp vanilla extract  
1/8 tsp ground cinnamon  
12 ladyfingers (about 1 3/4 ounces)  
4 TBS brewed espresso, or strong coffee, divided  
2 TBS melted bittersweet chocolate chips

## Instructions

Combine ricotta, sugar, vanilla, and cinnamon in a medium bowl.

Place 6 ladyfingers in a 9 x 5 inch (or similar size) loaf pan. Drizzle with 2 TBS espresso (or coffee). Spread the ricotta mixture over the ladyfingers. Place another layer of ladyfingers over the ricotta and drizzle with the remaining 2 TBS espresso (or coffee). Drizzle with melted chocolate.

Refrigerate until the chocolate is set, about 30 minutes.



Ken Burris

# Nutritional Information

Serves 6.

Calories: 107

Fat: 2g

Saturated Fat: 1g

Cholesterol: 3mg

Protein: 3g

Carbohydrates: 18g

Dietary Fiber: 0g

Sodium: 125mg

Recipe from MayoClinic