

Tiramisu
Makes 6 servings

1 cup nonfat vanilla yogurt
1/4 cup nonfat cream cheese
1/2 cup low fat ricotta cheese
1 t vanilla
1/2 cup prepared strong instant coffee (divided in two)
1/2 box cheesecake Jello sugar free instant pudding mix
16 ladyfinger sponge cookies
1 t Cocoa powder



Using a hand mixer combine yogurt, cream cheese, ricotta cheese, vanilla, half the coffee, and pudding mix. Pour the remainder of the coffee into a shallow bowl or a large plate. One by one dip the ladyfingers in the coffee ensuring coffee is absorbed into half the height of the cookie. Place each ladyfinger in the bottom of a loaf pan side by side, coffee side up. Top with half the cheese mixture. Repeat both these steps and place in the refrigerator for at least 20 minutes. Sprinkle the top with cocoa powder just before service and enjoy.

Nutrition information per serving:

180 calories, 4g total fat (2g saturated fat), 9 g protein, 190 mg sodium. Good source of calcium and vitamin A.

