



From the Kitchen of Executive Chef Jessica VanRoo

Tiramisu Trifle

Serves 4

432 calories per serving

Description from Living Well UCI Health Blog: www.ucihealth.org/blog

Trifle is a show-stopper for the holiday table.

Notorious for looking complicated to make (it's not), our version of this decadent dessert uses silken tofu to add protein and a velvety smooth texture. You can lower the fat content and calorie count still more by using low-fat cream cheese.

Tofu is high in protein and contains all the essential amino acids your body needs. It also provides essential fats, carbs and a wide variety of vitamins and minerals, including calcium and manganese.

This recipe also calls for coffee and cocoa, which have powerful antioxidants called polyphenols that deliver numerous health benefits, including reduced inflammation, better blood flow, lower blood pressure and improved levels of cholesterol and blood sugars.

Total cost: \$9.93/per serving \$2.33



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Tiramisu Trifle

Ingredients

- 8 oz silken (or Japanese-style) tofu
- 4.5 oz cream cheese
- $\frac{2}{3}$ cup whipping cream
- 4 tablespoons sugar
- 1 teaspoon gelatin
- 1 teaspoon vanilla extract
- 5 oz ladyfingers or sponge cake cut to desired size
- $\frac{2}{3}$ cup hot water
- 2 teaspoons instant coffee
- 1 tablespoon cocoa powder

Instructions

1. Blend tofu with cream cheese and whipping cream, combining thoroughly.
2. Place mixture in pot, add sugar and bring to a boil, stirring constantly.
3. Simmer 2 minutes, add gelatin, then simmer 2 more minutes, stirring constantly.
4. Turn off the heat, stir in vanilla extract.
5. Cut cake or lady fingers into sizes that fit well in your desired glass serving bowl. (You will want to cover the bottom of the bowl with cake or lady fingers, reserving the rest for layering or lining the bowl.)
6. Dissolve coffee in hot water and brush onto lady fingers or sponge cake pieces.
7. Top with creamy mixture and refrigerate at least 2 hours.
8. Sprinkle with cocoa powder before serving.

Make ahead tips:

1. Tiramisu trifle can be made ahead and refrigerated for up to three days.
2. Do not dust with cocoa powder until serving time.