

**SERVES 16**

**Mark Mogensen, Chef  
Marsha Rosen, Dietitian**

*This marvelous orange-flavored version of tiramisu is a testimonial to the fact that elegant desserts don't have to be high in fat. Make it for a crowd and enjoy! (This dessert is best served the same day it's prepared.)*

**TIPS**

To prepare yogurt cheese, line strainer with cheesecloth and place over bowl to catch liquid. Measure 2 cups (500 mL) lower-fat plain yogurt into strainer. Cover and refrigerate for several hours or overnight. Discard liquid.

This recipe uses Italian meringue, which adds a hot sugar syrup to beaten egg whites. It is a little more work than regular meringue but it's worth it.

**DIETITIAN'S MESSAGE**

Make this dessert your signature dish for special occasions. It has elegance, flavor and is much lighter than the traditional version.

# Light Tiramisu

9-inch (23 cm) glass bowl

2 tsp	unflavored gelatin	10 mL
2 tbsp	frozen orange juice concentrate, thawed	25 mL
1/2 cup	granulated sugar	125 mL
1/3 cup	water	75 mL
6	egg whites	6
8 oz	light cream cheese	250 g
1 cup	yogurt cheese (see Tip, at left)	250 mL
1/2 tsp	grated orange zest	2 mL
1/2 tsp	vanilla	2 mL
16	soft ladyfinger cookies	16
1 cup	cold strong coffee	250 mL
2 tbsp	cocoa powder	25 mL

1. In a small saucepan, sprinkle gelatin over orange juice concentrate; cook, stirring, over low heat until dissolved. Cool.
2. In a small saucepan, combine sugar and water; cook over medium heat until syrup reaches 234° to 240°F (112° to 116°C) or soft ball stage (syrup dropped in cold water forms soft ball).
3. In a bowl, beat egg whites until soft peaks form; gradually pour in syrup, beating constantly until cool and very stiff. Beat in dissolved gelatin, beating for 30 seconds.
4. In a large bowl, beat together cream cheese, yogurt cheese, orange zest and vanilla until smooth and creamy. Fold in meringue, one-third at a time.
5. Separate ladyfingers; drizzle each with coffee and arrange half in bottom of deep 9-inch (23 cm) glass bowl. Cover with half of the meringue mixture. Sprinkle with 1 tbsp (15 mL) cocoa. Repeat layers. Cover and refrigerate for at least 4 hours until set.

**PER SERVING**

Calories: 124

Dietary Fiber: Trace

Carbohydrate: 16 g

Fat: 4 g

Protein: 6 g

