

Derek's Super Healthy Tiramisu

Prep Time: 15 minutes

Cook Time: Refrigerate 4-16 hours

Serves: 16

Ingredients:

- 9 oz fat free sour cream
- 9 oz low fat cream cheese
- 1/2 cup sugar
- 3 Tbsp skim milk
- 1/2 tsp vanilla extract
- 6 oz light frozen whipped topping
- 1 cup brewed coffee
- 10 1/2 oz ladyfinger cookies or pound cake (cut into 1x2" slices)
- 1 1/2 Tbsp unsweetened cocoa powder

Directions:

1. In a large mixing bowl with an electric mixer, beat cream cheese and sour cream together until smooth.
2. While mixing, add sugar, milk, and vanilla and blend until smooth.
3. Fold in frozen whipped topping gently with a spatula.
4. Dip ladyfingers or pound cake in coffee and layer half of them in the bottom of a 10 1/2 x 12 1/2 or similar size pan, or dessert glasses
5. Layer half of the cream cheese mixture onto ladyfingers. Repeat with the rest of the coffee-dipped ladyfingers and cream cheese mixture.
6. Dust cocoa powder on top and refrigerate 4-16 hours.
7. Serve with fresh berries and mint.