

Tiramisu Parfaits

Prep: 20 minutes | Chill: 2 hours | Total: 2 hours 20 minutes

Yield: 4 servings | Serving Size: 1 parfait

Ingredients

1 (12.3-ounce) block silken tofu, drained

4 ounces reduced-fat cream cheese (Neufchatel; about ½ cup), softened

¼ cup sweetener (e.g. sugar, honey, maple syrup, agave)

1 cup (8 ounces) brewed espresso or strong coffee

½ teaspoon ground cinnamon

8 full graham cracker sheets

4 teaspoons unsweetened cocoa powder, divided

Directions

- Add the tofu, cream cheese, and selected sweetener to a food processor and blend until completely smooth, about 2-3 minutes, stopping to scrape down the sides as needed.
- 2. Stir together the espresso or coffee and the cinnamon. If the coffee or espresso has cooled, heat this mixture briefly in the microwave, about 2-3 minutes. Set aside.
- 3. Break each graham cracker sheet into four rectangular sections, following the perforations.
- 4. Gather four serving dishes (e.g. glasses, jars, bowls).
- 5. Add ¼ cup of the tofu mixture to the bottom of each dish. Working one graham cracker section at a time, briefly dip the graham crackers in the coffee and then place a layer of four in each of the serving dishes. Add ¼ cup of the tofu mixture to each dish, then top each with a second layer of four soaked graham cracker sections.
- 6. Dust each serving with 1 teaspoon of the cocoa powder.
- 7. Set in the refrigerator to chill, at least 2 hours, then serve.

Recipe Notes

- If you cannot find silken tofu, you can substitute 1½ cups soft tofu, ricotta, or plain Greek yogurt.
- These parfaits will keep in the refrigerator for up to 4 days.

Nutrition Facts Per Serving: Calories: 345 | Total Fat: 15.5 g | Saturated Fat: 7 g Sodium: 285 mg | Total Carbohydrate: 44.5 g | Dietary Fiber: 2 g | Protein: 10.5 g

