



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

1. 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**

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