Chocolate Cheesecake Tiramisu

Servings	2
Preparation Time	15 Mins
Cooking Time	5 Mins
Total Time	20 Mins

Nutrition Information

Calories	851.85
Protein	22.10
Protein Serve	1.50
Carbohydrates	38.25
Fat	61.50

Ingredients

Chocolate Layer

- 3.00 tsp Cacao Nibs
- 50.00 g Cocoa Powder
- 1.00 tsp Flaxseed Oil
- 1.00 tsp Monkfruit sweetener or erythritol

Coconut Layer

- 120.00 g Coconut Flour
- 1.00 tsp Flaxseed Oil
- 7.00 tbsp Water (cold)

Coffee Layer

- 1.00 pinch Cinnamon
- 2.00 tbsp Decaffeinated Coffee (or 1/2 ultra lite coffee sachet)
- 1.00 pinch Star Anise (optional)
- 5.00 tsp Water (hot)

Cream Cheese Layer

- 240.00 ml Cream (Thickened)
- 115.00 g Cream cheese
- 4.00 tsp Monkfruit sweetener or erythritol
- 1.00 tsp Vanilla Bean (or vanilla essence)

Instructions

1. Base Coconut Layer:
2. Combine the coconut flour, flaxseed oil and cold water in a bowl until mixture forms a crumble dough.
3. Add coconut crumble to the bottom of a glass, and press it down with a spoon. Place glass in the fridge to set while making the next layer.
4. Cream Cheese Layer:
5. Combine the cream cheese, cream, monk fruit sweetener and vanilla bean in a bowl and whisk until creamy.
6. Add half of the cream cheese layer on top of the coconut crumble, and set aside remaining half for later. Return the glass back into the fridge to set.
7. Coffee Layer
8. Mix coffee in a cup with 4-5 tsp of hot water and let it brew for 2 minutes. You can use decaf coffee or half an Ultra Lite coffee sachet).
9. Add a pinch of cinnamon and star anise to the coffee and stir. These spices extra flavour and depth to the dessert, but are optional if preferred to leave out.
10. Place the coffee layer on top of the cream cheese layer, then back into the fridge to set.
11. Chocolate Layer:
12. Mix together the cacao powder, monk fruit sweetener and flaxseed oil. Add chocolate layer on top of the previous coffee layer.
13. Then add the remaining cream cheese layer. Sprinkle cacao nibs on top decorate.
14. Place glass back in the fridge to set for 15 minutes, then enjoy.

Notes

Recipe is for 2 servings. Each layer should be placed in 2 separate glasses to make 1 serving each. Make one for dessert and keep the second glass for a 3 pm sweet snack the next day. This is a versatile dessert that can be tweaked to your liking. Add or reduce coffee or cocoa powder to suit your taste.