

- * - LOW SUGAR TIRAMISU - * -



<p>Coffee Sponge 100g self-raising flour 10g powdered sweetener 100g butter 2 eggs 1 tbsp milk 1 shot of espresso/2 tsp coffee granules dissolved in hot water</p>	<p>Cream Filling 250ml Double Cream 1 tbsp dissolved coffee granules/espresso 1 tbsp powdered sweetener</p>
<p>Chocolate Sponge 100g self-raising flour 10g powdered sweetener 100g butter 2 eggs 1 tbsp milk 2 tbsp low sugar cocoa powder dissolved in hot water</p>	<p>Decoration Dark Chocolate Chips</p>

Pre-heat the oven to 180 degrees Celsius.

Coffee Sponge

1. Mix together the butter and sweetener until light and fluffy using an electric mixer or whisk. The mixture should be almost white.
2. Add one egg at a time, with one tablespoon of flour. Mix until the egg is only just incorporated into the mix.
3. Remove the bowl from the electric mixer or transfer from using a whisk to a metal spoon. Fold in the remaining flour, a third at a time.
4. Incorporate half the coffee mix/espresso and milk into the mix.
5. Transfer the mix to the tin and cook for 20 mins.

6. Insert a skewer into the middle of the cake to check it is cooked. Use foil to cover the top should it need a little longer and be turning too brown on top.
7. Leave to cool to room temperature.
8. Once cool cut out rounds with a cutter to fit into your glasses for presentation, alternatively, the top of the glass also acts as a great way to make sure you get the right size!
9. Pour the remaining coffee onto a plate and give both sides of the sponge a quick dunk

Chocolate Sponge

1. Follow steps 1-3 above.
2. Incorporate the dissolved cocoa powder into the mix with the milk.
3. Transfer the mix to the tin and cook for 20 mins.
4. Insert a skewer into the middle of the cake to check it is cooked. Use foil to cover the top should it need a little longer and be turning too brown on top.
5. Leave to cool to room temperature.
6. Once cool cut out rounds with a cutter to fit into your glasses for presentation, alternatively, the top of the glass as above.

Cream

1. Whisk the cream until it thickens, you should be able to still see the whisks marks in the cream once you stop mixing.
2. Gently fold in the coffee and sweetener

Assembly

1. Place one of the coffee sponges in the base of the presentation glass
2. Pipe or spoon a layer of cream and sprinkle on some dark chocolate chips
3. Place a chocolate sponge on top followed by cream with a few chocolate chips, alternate between coffee and chocolate sponges until the glass is full.
4. Pipe or spoon a final layer of cream on top and dust with cocoa powder or your chocolate chips!