



## VANILLA LATTE COLLAGEN TIRAMISU

High-Protein / Collagen-Rich / Sugar-Free

Recipe by @\_healthy\_desserts\_ and featured on MariGoldFoods.com

*"This tiramisu recipe is sugar-free and much lower in carbs than a classic Italian dessert  
But still, it tastes just as good as the classic version: decadent, rich, and creamy"*

- @\_healthy\_desserts\_

### INGREDIENTS:

#### For the sponge cake

- 3 tbsp MariGold Vanilla Collagen Latte High Protein Coffee
- 1 1/2 tbsp MariGold Rich Chocolate Malt Whey Isolate Protein Powder
- 1/2 tsp baking powder
- 3 tbsp rice flour
- 4 tbsp greek yogurt
- 1 egg
- 3 tbsp monkfruit sweetener

#### For the coffee liquid

- 150 ml hot water
- 1 scoop MariGold Mocha Collagen Latte High Protein Coffee

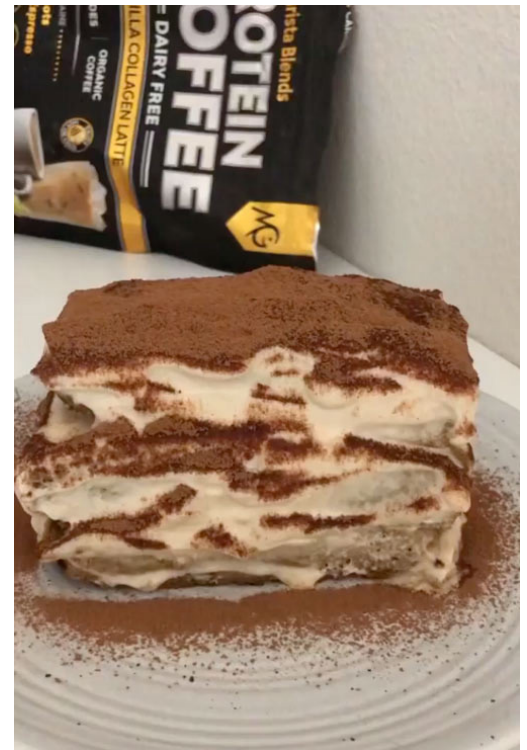
#### For the cream

- 1 tbsp peanut butter
- 1 1/2 tbsp maple syrup
- 3 tbsp greek yogurt

#### AND Cacao Powder for topping

### DIRECTIONS:

1. Preheat oven to 360 degrees.
2. In a bowl combine all ingredients for the cake and mix them well.
3. Place the batter into the baking dish (mine is 6.5" x 8.6"), greased with a bit of oil, and bake for 18-20 minutes.
4. Let it cool and cut the cake into 3 equal pieces.
5. Mix 150 ml of hot water with mocha collagen and drown cake pieces in it.
6. Combine all ingredients for the cream and mix it well.
7. Put one piece of the cake and layer with cream, and again cake-cream -cake- cream.
8. Decorate tiramisu with cacao on top. Enjoy!



Featuring MariGold  
Vanilla Collagen Latte, Mocha Collagen  
Latte, & Rich Chocolate Malt Whey Isolate  
(MariGoldFoods.com)

