ITALIAN · DESSERT

Sugar-Free Tiramisu with Almond Flour Sponge

50 min · plus a few hours chilling · Makes 10 × 1 piece · 380 kcal a portion

Video 10:43 · Low Carb Love

Vegetarian · Gluten-free ingredients

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No added sugar and no wheat: the sponge is almond and coconut flour with a sugar-free sweetener, giving about 5 g net carbs a piece, and the almond flour supplies about a third of a day's vitamin E.

Diet notes: Keto (4.9 g net carbs a serve).

Ingredients

14 · MAKES 10 × 1 PIECE

- [ ] 6 tbsp **butter**, softened (not melted), for the sponge
- [ ] 140 g **low-carb sweetener** (granular or powdered), for the sponge
- [ ] 4 large **eggs**
- [ ] 60 ml **unsweetened almond milk**
- [ ] 1 tbsp **vanilla extract** (or vanilla bean paste)
- [ ] 150 g **superfine almond flour**
- [ ] 30 g **superfine coconut flour**
- [ ] 1 tbsp **baking powder**
- [ ] 240 ml **heavy whipping cream**, very cold
- [ ] 4 tbsp **powdered allulose**, for the cream
- [ ] 1 tsp **vanilla extract**, for the cream
- [ ] 227 g **mascarpone cheese**
- [ ] 240 ml **strong coffee** (or espresso), for brushing
- [ ] 2 tbsp **unsweetened cocoa powder**, for dusting

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 180°C and line a baking sheet with parchment. Beat the softened butter until fluffy, then beat in the sweetener until it looks like whipped butter. 1:08
2. Add the eggs, almond milk, vanilla, almond flour, coconut flour and baking powder and mix to a smooth batter. Spread it thinly and evenly over the tray. 1:53
3. Bake about 15 minutes, until the edges are just starting to brown and a knife comes out clean. Prick the warm sponge all over with a toothpick and let it cool (it is fragile while warm). 3:27
4. In a well-chilled bowl, whip the cream with the powdered allulose and vanilla until fluffy. Add the mascarpone and beat briefly until thick and velvety. 4:53
5. Cut the sponge to fit an 20 cm square dish and lay in a layer, patching any gaps. Brush it generously with strong coffee and spread over half the cream. Repeat with sponge, coffee and the rest of the cream. 6:39
6. Dust the top with cocoa and chill a few hours to firm up before cutting into 10 pieces. 8:36

> **Tip** Make the coffee strong, or its flavour gets lost. The cook leaves out the optional rum. Keep leftovers covered in the fridge.

The method is a summary in our words — the video shows every step.

One portion (1 piece) gives you

1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
380 kcal	8.2 g	8.1 g	3.2 g	36 g	210 mg
1,590 kJ	16% of a day	4.9 g net · 3 g sugars	12% of a day	18 g saturated	9% of a day
		3% of a day		46% of a day	

Energy from net carbs 5% · protein 9% · fat 86% — fits keto: 4.9 g net carbs, 86% of the energy from fat

High in (20%+ of a day) Vitamin E 33% · Vitamin A 31%

Source of (10–19%) Vitamin B12 18% · Selenium 16% · Magnesium 13% · Omega-3 12%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=jqf-3h_UYno, published 8 September 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/low-carb-tiramisu-almond-sponge