



# Tiramisu

**This vegan version of the Italian 'pick me upper' is great anytime!**

**Tiramisu is a delicious Italian dessert made out of ladyfingers (savoiardi) drizzled with espresso, then layered with mascarpone and dusted with cocoa powder.**

**Unlike other Italian desserts, Tiramisu has not been around for that long. It's popularity rose in the 1980's and I certainly ain't complaining!**

**This vegan Tiramisu has all the works - a creamy filling, that delicious sponge cake soaked in espresso and a good dusting of cocoa powder to top it all off.**

**Will it taste exactly like a traditional Tiramisu?  
Nope, but it sure is damn delicious!**

**The fact that it is a compassionate dessert, makes it that much more sweeter to me :)**



**This recipe makes about 9 mini jars - I use [Ball Mason 4oz Quilted Jelly Jars](#)**



## Ingredients

**You will need 1 cupcake per mini jar - check out my [vegan cupcake recipe!](#) Cocoa Powder for some dusting on top, I recommend using [Droste](#)**

### Filling:

- 1.5 Cups of Raw Cashews (unsoaked)**
- 4 oz. Firm SILKEN Tofu**
- 4 oz. Coconut Oil (4 oz equals 8 TBL)**
- 3 oz. Coconut Cream (3 oz equals 6 TBL)\***
- 2 oz. Maple Syrup (2 oz equals 4 TBL)**
- 1 TBL Lemon Juice**
- 1 TSP Vanilla**
- Pinch of Salt**

### Espresso Syrup:

- 1 Cup Espresso, freshly brewed\***
- 1/2 Cup Sugar**
- 1/4 Cup Water**
- 1/3 Cup Rum**

**\*You get this from a can of coconut milk, but how you ask?**

**Start with buying a brand of coconut milk that has a high fat content - e.g. 13 to 15 grams of fat. Place the can in the refrigerator and allow this to chill overnight. Due to the cold temp the fat will solidify and since it is less dense than the coconut water in the can it will float to the top, making it easy for you to scoop out the cream. The remaining liquid (coconut water) is great for smoothies.**

**\*I definitely recommend brewing a fresh cup of espresso! Nothing beats that coffee flavor.**

**I use a [French Press](#) to make my brew. If you do not own one, make a strong filter coffee.**

**I recommend visiting [Home Fun Super](#) located in Savaneta if you are interested in purchasing one. I was there last week and they had quite the variety.**

**BUT keep in mind, once you 'press' you will never go back! Before you know it you will be grinding your beans before every brew, just like me :)**



## Method

- **Start with the espresso syrup:**  
**Add the espresso, the sugar and water to a small saucepan. Heat up until the sugar dissolves. Allow the mixture to cool off fully, then add the rum.**  
**This can be made ahead of time, the syrup will keep for up to 3 weeks in the refrigerator.**  
**\*Variation: for or a thicker (sweeter) syrup, bring the water and sugar to a boil in a saucepan. Allow the mixture to boil for 3-5 minutes. Remove the saucepan from the heat and allow it to fully cool. Add the espresso and the rum to the cooled mixture and store the syrup for up to 3 weeks in the refrigerator.**
- **For the cream, add all the ingredients into a food processor and blend on high speed until the mixture is smooth and airy. Set aside.**
- **Assembly time!**  
**Cut each cupcake into 2 halves and start by layering the bottom of each mini jar with one 'soaked in espresso' half of a cupcake.**  
**Once a piece of cake has been dunked into the espresso syrup, place it in a mini jar right away. The cake will become soft and it will break easily due to the syrup - so quick hands are required.**
- **Add a layer of the cream to each jar and continue with (soaking and) adding the second layer of cake.**
- **Add one more (final) layer of cream.**  
**Use an off set spatula or knife to even out the surface; the top layer.**
- **Last but not least, add a good dusting of cocoa powder to each jar and allow the Tiramisu to set for a minimum of 1 hour in the refrigerator before serving.**

**ENJOY!**

