Good-for-You Tiramisu

Serves: 4   **Prep time:** 30 minutes

🌿 VEGETARIAN

CAKE
1 cup stone-milled white flour (or preferred flour alternative)
½ cup vanilla-flavoured whey protein powder
2 Tbsp collagen powder
2 tsp erythritol (or preferred sugar alternative)
½ tsp baking powder
½ cup full-cream plain yoghurt
½ cup milk (or preferred milk alternative)
12 eggs, beaten

FILLING
250 g smooth cottage cheese
1 cup full-cream plain yoghurt
2 Tbsp milk (or preferred milk alternative)
½ cup vanilla-flavoured whey protein powder
2 shots espresso
cocoa powder to dust

1   Preheat the oven to 180 °C. Line a 27 x 22 cm cake pan with baking paper.
2   To make the cake, combine all the dry ingredients in a bowl.
3   In a separate large bowl, whisk the yoghurt, milk and eggs.
4   Fold the dry ingredients into the egg mixture using a spatula.
5   Pour the batter into the lined cake pan and bake for 18–20 minutes.
6   Set aside to cool in the pan before transferring to a wire rack to cool completely.
7   While the cake is cooling, in a large bowl using an electric mixer, beat the cottage cheese, yoghurt and milk until combined, then beat in the vanilla protein powder.
8   Slice the cooled cake into 8 pieces and place one in each of 4 individual serving dishes.
9   Evenly pour the first shot of espresso over the cake in the dishes.
10 Using a spatula, spread half the creamed cheese mixture on top, dividing it evenly between the dishes.
11 Place the remaining cake slices on top of the cream-covered bases, pour over the second shot of espresso and then spread the remaining creamed cheese over the tops.
12 Leave to set in the fridge for at least 4 hours, but preferably overnight.
13 Dust with cocoa powder before serving.