

Air Fryer Tiramisu is an Italian dessert that is made from ladyfingers, mascarpone cheese, eggs, sugar, coffee, and cocoa powder. It is usually served as a cake or pastry. Tiramisu is thought to have been invented in the early 1960s in Veneto, Italy. There are many different variations of tiramisu, but the most common ingredients are ladyfingers, mascarpone cheese, eggs, sugar, coffee, and cocoa powder.

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Ingredients

- 1 cup mascarpone cheese
- 1 cup heavy whipping cream
- 1/3 cup granulated sugar
- 1 tablespoon amaretto liquor, optional
- 1 teaspoon pure vanilla extract
- 1 cup espresso, room temperature
- 16 ladyfingers
- 1/4 cup cocoa powder, for dusting

Instructions

1. In a large bowl, beat the heavy cream with an electric or stand mixer until it thickens.
2. Add the sugar and vanilla and whip until stiff peaks form.
3. Stir in the mascarpone, amaretto, and whip for another 1-2 minutes.
4. Dip ladyfingers into the espresso and layer into the bottom of an 8×8 baking dish. (This should use about 8 ladyfingers)

5. Spread half of the mascarpone mixture over the ladyfingers in the pan.
6. Dip the remaining ladyfingers and layer across the mascarpone mixture, then spread the remaining mixture across the top. (Optional extra step: to create small peaks on the top layer, take half of the remaining mixture and place into a piping bag, and pipe small peaks across the top of the final layer.)
7. Chill tiramisu in the refrigerator for 3-4 hours, or overnight. Slice and serve, enjoy!

Equipment

- Mixing Bowl

Nutrition

Serving: 1 Serving Calories: 458kcal Carbohydrates: 47g Protein: 9g Fat: 26g Saturated Fat: 16g Polyunsaturated Fat: 1g Monounsaturated Fat: 4g Cholesterol: 110mg Sodium: 68mg Potassium: 1142mg Fiber: 1g Sugar: 10g Vitamin A: 953IU Vitamin C: 0.2mg Calcium: 115mg Iron: 3mg