



*Delicious!*

PREPARATION: 25 MINUTES | COOKING: 1 MINUTE | REFRIGERATE: 12 HOURS  
SERVINGS: 8

# LEMON TIRAMISU

## INGREDIENTS

*1 package (7oz) ladyfinger cookies*

### *Syrup*

*½ cup lemon juice, freshly squeezed*

*½ cup water*

*½ cup granulated sugar*

### *Cream*

*1 cup lite whipping cream*

*¼ cup granulated sugar*

*1 cup mascarpone cheese*

*2 tablespoons lemon juice*

### *Garnish*

*1 tablespoon cocoa powder*

## PREPARATION

- 1** In a small saucepan, bring lemon juice, water and sugar to a boil. Stir until the sugar has dissolved. Remove from heat and let cool.
- 2** In a bowl, whip the cream with an electric mixer until fluffy. Add the sugar, mascarpone cheese and lemon juice. Blend carefully and set aside.
- 3** Dip half of the cookies, one at a time, in the cooled syrup and arrange side by side in one layer in a rectangular dish (7"×11"). When dipping the cookies make sure to do it quickly. You don't want the cookies to become soggy and fall apart.
- 4** Cover the layer of cookies with half of the cream mixture from step 2.
- 5** Dip the other half of the cookies in the syrup and start a new layer on top of the cream mixture. Finish with spreading the rest of the cream mixture on top.
- 6** Dust the top with cocoa powder using a sieve. Cover with plastic wrap and let rest in the fridge for 12 hours before serving.



# LEMON TIRAMISU



## Nutrient Analysis

### PER SERVING

2/3 of recipe

### Renal/Diabetic Exchanges:

1 Starch + 3 Fat  
+ 1 Carbohydrate

Calories	263Kcal
Protein	3g
Total Carbohydrate	29g
Fiber	0g
Sugars	16g
Fat	16g
Saturated	8g
Cholesterol	83mg
Sodium	84mg
Potassium	82mg
Phosphorus	54mg
Calcium	37mg
Iron	1mg
Magnesium	8mg
Vitamin C	6mg

## Diet Types

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input type="checkbox"/> Transplant                   |

## POTASSIUM CHECK ✓

### Cheese please!

In moderation, dairy can be eaten as part of a kidney-friendly diet. Cheese, yogurt and milk naturally contain potassium and phosphorus, but these foods also provide beneficial vitamins, minerals and some protein so it's important to work with a registered dietitian to determine which dairy sources and how much are right for you.

Cheese is a versatile ingredient in many different dishes. The content of sodium, potassium and phosphorus varies depending on the type and quantity of cheese.

Cheeses considered lower in phosphorus and potassium are generally softer such as Brie, cream cheese, mascarpone and natural sharp cheddar. Read labels, but most brands of these selections contain 200 milligrams or less of sodium per serving.

Cottage cheese is often encouraged for a kidney-friendly snack. Limit your portion to a half-cup and keep in mind that this food can be higher in phosphorus and sodium when consumed in larger quantities.

Processed cheeses and cheese spreads should be eaten very sparingly.

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