



Vegan Chai Tiramisu

 Dairy Free

READY IN



120 min.

SERVINGS



12

CALORIES



278 kcal

Ingredients

- ☐ 1.5 tablespoon cocoa powder
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground fennel seeds
- ☐ 1.5 cups dairy-free cream cheese alternative
- ☐ 8 ounces silken tofu firm
- ☐ 0.5 cup agave nectar
- ☐ 0.5 cup sugar

- ☐ 0.3 cup dairy-free creamer plain
- ☐ 1.5 teaspoons agar agar
- ☐ 2 cups pastry flour whole wheat
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 1 cup dairy-free creamer plain
- ☐ 0.8 cup agave nectar
- ☐ 2 servings energ egg replacer prepared (equivalent of 2 eggs)
- ☐ 2 tablespoon oil
- ☐ 2 cups strongly masala chai black brewed

Equipment

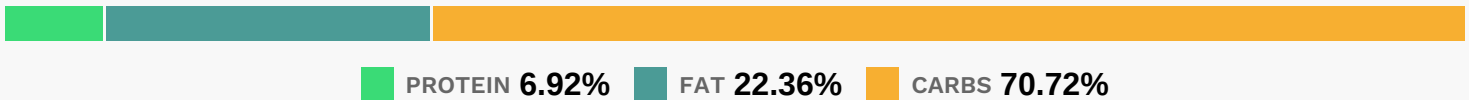
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ cake form
- ☐ pastry bag

Directions

- ☐ In a small bowl, whisk together the cocoa, cinnamon, cardamom, cloves, and fennel.
- ☐ Put the dairy-free cream cheese, tofu, agave, sugar, creamer, and agar in your food processor or blender and process until thoroughly combined.
- ☐ Pour the mixture into a saucepan and simmer it over medium heat for 5 minutes.
- ☐ Let cool, and refrigerate the mixture for at least 1 hour.

- ☐ Preheat your oven to 350°F.
- ☐ In a large bowl, whisk together the flour, sugar, baking powder, and salt.
- ☐ Combine the dry ingredients together.
- ☐ In a medium bowl, whisk together the creamer, agave, Energ-G “eggs,” and oil.
- ☐ Fold the wet ingredients into the dry ingredients.
- ☐ Scrape the batter into a pastry bag. Pipe the batter into 3-inch long by 1-inch wide cookies, leaving about a 1 inch between each cookie.
- ☐ Bake for 18 minutes.
- ☐ Option: Do not pipe the batter, but fill a rectangular cake pan with the batter about 1” high and bake the cake for 25 minutes.
- ☐ Pour the chai tea into a shallow bowl.
- ☐ Dunk each ladyfinger in the chai tea for about 3 seconds.
- ☐ Line the bottom of a baking dish with the lady fingers and lightly brush them with a little chai tea.
- ☐ Spread about ½-inch of the sweet cream on top of the lady fingers. Repeat this process with another layer of lady fingers and sweet cream.
- ☐ Sprinkle the cocoa-chai spice mix over the top layer of sweet cream.
- ☐ Chill the tiramisu for at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:11.85, Inflammation Score:-4, Nutrition Score:9.8852173660112%

Flavonoids

Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 3.17mg, Epigallocatechin: 3.17mg, Epigallocatechin: 3.17mg, Epigallocatechin: 3.17mg Epicatechin: 2.07mg, Epicatechin: 2.07mg, Epicatechin: 2.07mg, Epicatechin: 2.07mg Epicatechin 3–gallate: 2.3mg, Epicatechin 3–gallate: 2.3mg, Epicatechin 3–gallate: 2.3mg, Epicatechin 3–gallate: 2.3mg Epigallocatechin 3–gallate: 3.68mg, Epigallocatechin 3–gallate: 3.68mg, Epigallocatechin 3–gallate: 3.68mg, Epigallocatechin 3–gallate: 3.68mg Theaflavin: 0.62mg, Theaflavin: 0.62mg, Theaflavin: 0.62mg, Theaflavin: 0.62mg Thearubigins: 31.98mg, Thearubigins: 31.98mg, Thearubigins: 31.98mg, Thearubigins: 31.98mg

Thearubigins: 31.98mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg
Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.92mg, Quercetin: 0.92mg,
Quercetin: 0.92mg, Quercetin: 0.92mg Theaflavin-3,3'-digallate: 0.69mg, Theaflavin-3,3'-digallate: 0.69mg,
Theaflavin-3,3'-digallate: 0.69mg, Theaflavin-3,3'-digallate: 0.69mg Theaflavin-3'-gallate: 0.59mg, Theaflavin-3'-
gallate: 0.59mg, Theaflavin-3'-gallate: 0.59mg, Theaflavin-3'-gallate: 0.59mg Gallocatechin: 0.49mg,
Galocatechin: 0.49mg, Gallocatechin: 0.49mg, Gallocatechin: 0.49mg

Nutrients (% of daily need)

Calories: 277.93kcal (13.9%), Fat: 7.08g (10.89%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 50.36g (16.79%), Net
Carbohydrates: 47.23g (17.17%), Sugar: 29.02g (32.25%), Cholesterol: 0mg (0%), Sodium: 310.83mg (13.51%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.3mg (3.1%), Protein: 4.93g (9.85%), Manganese: 1.15mg
(57.46%), Selenium: 13.49µg (19.27%), Fiber: 3.13g (12.5%), Calcium: 123.18mg (12.32%), Phosphorus: 110.69mg
(11.07%), Vitamin B1: 0.16mg (10.88%), Vitamin B3: 2.03mg (10.17%), Vitamin B6: 0.2mg (9.78%), Magnesium:
38.29mg (9.57%), Vitamin E: 1.4mg (9.34%), Copper: 0.18mg (9.17%), Vitamin B2: 0.14mg (8.06%), Iron: 1.44mg
(8.02%), Vitamin K: 7.3µg (6.96%), Vitamin C: 5.7mg (6.9%), Folate: 25.8µg (6.45%), Zinc: 0.74mg (4.95%),
Potassium: 169.28mg (4.84%), Vitamin B12: 0.27µg (4.43%), Vitamin A: 98.78IU (1.98%), Vitamin D: 0.29µg (1.97%),
Vitamin B5: 0.13mg (1.27%)