

Berry & ricotta tiramisu pudding



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Preparation: about 30 minutes
(+ chilling time)

Serves: 6-8

½ cup thick Greek-style yoghurt
125g mascarpone
400g ricotta cheese
⅓ cup icing sugar + 1 tbs extra
2 tsp vanilla extract
1 cup strong black espresso coffee
¼ cup Tia Maria liqueur (or similar)
14 sponge finger biscuits
30g bar flaked chocolate
300g blueberries
250g strawberries, hulled and quartered
lengthways

1. Place yoghurt, mascarpone, ricotta, ⅓ cup icing sugar and vanilla in a bowl. Beat until smooth.
2. Combine coffee, 1 tbs icing sugar and liqueur in a shallow dish. Dip each sponge finger into the coffee mixture for about 5 seconds each side and use to line the base of a shallow 8-cup (base about 26cm x 17cm) ceramic or glass dish. Sprinkle with flaked chocolate. Top with ricotta mixture and smooth top. Sprinkle with berries, cover and chill for 5 hours or overnight. Spoon into serving bowls and serve.



Blueberries

- A good source of vitamin C which is important for healthy gums.
- Provide dietary fibre, which is important for a healthy intestine.
- The natural purple-coloured pigments in blueberries are potent antioxidants, which may be useful to boost the body's own supply of these protective compounds.
- A good source of a compound called cryptoxanthin which acts as an antioxidant and protects body tissues.