

Grain-Free Chocolate Greek Yogurt Tiramisu

Prep Time: 15 min + 2 hr chilling

Ingredients (serves 4):

- 2 cups Greek yogurt
- 1 tbsp cocoa powder
- 1 tbsp honey or stevia
- 1/2 tsp cinnamon
- Optional: espresso shot + dark chocolate shavings

Procedure:

1. Mix yogurt, cocoa, honey, and cinnamon.
2. Layer in glasses with chocolate shavings.
3. Chill before serving.

Nutrition: ~140 kcal • Protein 10 g • Fat 4 g • Sugar 10 g

Benefits:

- Low sugar and grain-free
- Antioxidant-rich