

Vegan tiramisu with matcha & tamari

Total time **100-105 mins** 20 mins preparation time 20-25 mins cooking time 60 mins cooling time

Nutritional facts (per portion):
1,070 kJ / 255 kcal

Fat: **4.8 g** Protein: **12 g**
Carbohydrates: **39.4 g**

INGREDIENTS

4 portion(s)

0.5 tsp vegan butter for greasing the pan

For the dough:

45 g almond flour

75 g potato starch or cornflour

20 g brown sugar

3 tsp baking powder

0.5 tsp agar-agar

150 ml mineral water

For the cream:

1 vanilla pod

200 g silken tofu

300 g soya yoghurt

5 tbsp agave syrup (or maple syrup, or brown sugar)

For soaking:

2 tsp matcha powder

40 ml hot water

3 tsp Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce

4 tsp agave syrup (or maple syrup, or brown sugar)

Optional:

1 tsp matcha powder for dusting
chopped pistachios, a few mint leaves, berries (currants, raspberries, blueberries)

PREPARATION

Step 1

Step 1:

0.5 tsp vegan butter for greasing the pan - **45 g** almond flour - **75 g** potato starch or cornflour - **20 g** brown sugar - **3 tsp** baking powder - **0.5 tsp** agar-agar - **150 ml** mineral water

Preheat the oven to 180 °C and grease a small baking dish (15 x 25 cm) with the vegan butter. In a bowl, mix the almond flour, starch, sugar, baking powder and agar-agar. Add the mineral water and stir until smooth. Spread the dough in the prepared dish and bake for 20-25 minutes in the preheated oven. Leave the sponge base to cool on a wire rack.

Step 2

Step 2:

1 vanilla pod - **200 g** silken tofu - **300 g** soya yoghurt - **5 tbsp** agave syrup (or maple syrup, or brown sugar)

Cut the vanilla pod lengthways and scrape out the seeds with a small sharp knife. Blend the silken tofu with the soya yoghurt, agave syrup and vanilla seeds until smooth.

Step 3

Step 3:

2 tsp matcha powder - **40 ml** hot water - **3 tsp** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce - **4 tsp** agave syrup (or maple syrup, or brown sugar)

Cut the sponge into strips about 1.5 cm wide and place half of them in dessert glasses. For the syrup, mix the matcha powder with the hot water, Kikkoman Gluten free Soy Sauce and agave syrup.

Step 4

Step 4:

1 tsp matcha powder for dusting - chopped pistachios, a few mint leaves, berries (currants, raspberries, blueberries)

Drizzle half of the syrup over the sponge. Spread half of the cream on top and repeat the layers. Chill the tiramisu for about 1 hour, then dust with the matcha powder and garnish with the pistachios, mint and berries and serve.