

Foodnity Recipes

Blueberry Tiramisu Recipe

20 min Prep time	**20 min** Total time	**6** Servings
Easy Difficulty	**Italian-American** Cuisine	

Ingredients

Main Ingredients

- [ ] 1 1/2 cups fresh blueberries
- [ ] 1 cup mascarpone cheese, room temperature
- [ ] 1/2 cup powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 cup heavy whipping cream
- [ ] 1 tbsp lemon zest
- [ ] 24 ladyfinger cookies
- [ ] 2 tbsp blueberry juice (from blended berries)
- [ ] Extra powdered sugar for dusting

Instructions

1. Gently rinse the blueberries, pat them dry, and set aside a handful for garnish.
2. In a bowl, whisk mascarpone, powdered sugar, vanilla, and lemon zest until smooth.
3. In a separate bowl, whip the heavy cream until soft peaks form, then fold it into the mascarpone mixture, keeping it airy.
4. Blend a cup of fresh blueberries briefly to make a juice, then stir in the tablespoon of blueberry juice with a pinch of sugar.
5. Quickly dip each ladyfinger into the blueberry juice—just a second on each side—so they stay tender.
6. Arrange a layer of soaked ladyfingers in a shallow dish, spread half the mascarpone cream over them, scatter a third of the whole blueberries, then repeat the layers.
7. Cover and chill for at least two hours. Before serving, dust with powdered sugar, add the remaining blueberries, and finish with a gentle sprinkle of lemon zest.

Nutrition per serving

290 kcal	5 g	26 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not over-soak the ladyfingers; they should stay slightly firm.
- Taste the cream before adding more sugar; blueberries add natural sweetness.
- For extra shine, brush the top with a thin layer of blueberry puree.