



PREPARATION: 15 MINUTES

FREEZING: 6 HOURS

8 SERVINGS

RASPBERRY SEMIFREDDO

Nutrient Analysis

Per serving: $\frac{1}{8}$ of recipe

Calories	121 Kcal
Protein	9 g
Carbohydrates	22 g
Fibre	1 g
Sugars	20 g
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	3 mg
Sodium	3 mg
Potassium	131 mg
Phosphorus	102 mg

INGREDIENTS

$\frac{1}{2}$ cup pasteurized egg whites	2 teaspoons lime juice
$\frac{1}{4}$ teaspoon cream of tartar	Zest of 1 lime
$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ cup fresh raspberries
2 cups Greek vanilla yogurt (2%)	Garnish
	$\frac{1}{4}$ cup raspberries

PREPARATION

- 1 In a medium bowl, with an electric mixer, beat egg whites and cream of tartar at high speed, until peaks form (1 minute).
- 2 Gradually add the sugar while mixing. Continue mixing until the texture becomes firmer, and sugar is dissolved (5 minutes).
- 3 In a large bowl, with a wooden spoon, combine yogurt, zest and juice of lime. Add $\frac{1}{3}$ of egg mixture from step 2 and combine.
- 4 Add the remaining egg mixture by gently folding ingredients together with the spoon.
- 5 Line a loaf pan with parchment paper. Pour $\frac{1}{3}$ of the mixture into the pan and spread raspberries. Pour the remaining mixture on top and even out the top.
- 6 Freeze for a minimum of 6 hours.
- 7 When ready to serve, remove the semifreddo from the pan by pulling on the parchment paper. If it cannot be removed easily, dip the bottom of the pan in warm water for a few seconds.
- 8 Remove the paper, cut into portions, and garnish with remaining raspberries. Let stand at room temperature for a few minutes before serving.

Tip: Place remaining semifreddo back in the freezer for future consumption. The sugar in this recipe can be replaced with the same amount of sugar substitute.