



No sugar! Only 3 ingredients! Delicious low-calorie dessert

## Description

## Ingredients:

- 14 ounces of dulce de leche (400 grans)
- 1 ¾ cups of heavy cream for whipping (400 ml)
- 2 packs of Maria cookies

## Instructions:

1. First, using a mixer, place the very cold heavy cream in the bowl and beat until you get a firm consistency, but without forming peaks.
2. Next, add the dulce de leche to the whipped cream and continue beating until the mixture reaches firm peaks.
3. Then, in a dessert dish, start with a thin layer of the whipped cream and dulce de leche mixture.
4. Now, cover this layer with Maria cookies.
5. After that, keep alternating layers of whipped cream and cookies until all ingredients are used, ending with a layer of whipped cream.
6. Then, decorate the dessert with coarsely crushed Maria cookies.
7. Finally, place it in the refrigerator for at least 3 hours before serving so that the dessert is well chilled and the flavors meld.

## Category

1. Granda Recipes

## Date

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