



Creamy Panna Cotta with Strawberries

Ingredients (Makes 6 servings. Prep time: 30 minutes active, chill overnight.)

2 tablespoons water	1 teaspoon vanilla
1 ½ teaspoons unflavored powdered gelatin	Pinch of salt
2 cups heavy cream (divided)	½ cup of sugar
1 ¼ cup whole milk plain yogurt	¾ cup (about 6-8 medium) strawberries, hulled and sliced

Preparation

In a small bowl, sprinkle gelatin over water and let soften for 15 minutes. In a large bowl, whisk one cup of cream with the yogurt, vanilla and salt. In a saucepan, heat the other cup of cream with the sugar and stir until just simmering and the sugar is dissolved. Remove from heat and stir in the gelatin until gelatin is dissolved. Whisk the heated mixture into the rest of the ingredients, except for the strawberries.

Place the sliced strawberries in the bottom of six 6-ounce ramekins and pour an equal amount of the cream mixture into each container. Refrigerate until cold, then cover and refrigerate overnight before serving.

To serve, heat a small paring knife under hot water. Gently slide the paring knife around the outside of each ramekin to separate the panna cotta from the edges. Gently turn the panna cotta upside down onto a plate and garnish with more strawberries if desired.

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Ingredient checklist

PRODUCE

- Strawberries

REFRIGERATED/FROZEN

- Heavy cream
- Whole milk plain yogurt

GROCERY

- Unflavored gelatin powder

BULK

- Sugar

SPICES/SEASONINGS

- Vanilla
- Sea salt

Serving suggestion

This rich dessert is perfect after a Mediterranean-inspired or spicy barbeque meal.

Nutritional information per serving

149 calories	23 g carbohydrate
6 g fat	0 g fiber
21 mg cholesterol	3 g protein
63 mg sodium	

The nutritional values and information provided are approximations.