

PANNA COTTA

WITH FRESH BERRIES

Ingredients

- 2 cups whole milk
- 1 ¼-ounce pouch (2½ teaspoons) unflavored gelatin powder
- ¼ cup raw sugar
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 2 cups low-fat plain yogurt (or plain yogurt of choice)
- ⅛ teaspoon fine sea salt
- 2 cups fresh berries, such as raspberries or blueberries
- Honey, for garnish

Directions

1. Pour 1 cup milk into a small bowl and sprinkle gelatin over top. Let sit for 5 minutes to soften the gelatin, then stir to combine.
2. Pour remaining milk, sugar, and honey in a small pan. Simmer over medium-high heat, stirring constantly. Remove after 1 minute and stir in gelatin mixture.
3. Transfer to a medium bowl and whisk in yogurt, vanilla, and salt.
4. Pour into 8 6-ounce small cups. Cover each with plastic wrap and chill until firm, at least 2 hours.
5. To serve, spoon berries over top and drizzle with honey.

2 ½ HOURS | SERVES 6

Nutrition Facts

177 calories | 4g fat | 2g saturated fat | 139mg sodium
30g carbohydrate | 1g fiber | 28g sugar | 7g protein