

Panna Cotta with Raspberry Sauce

Snack of the Month October - 2014



Italian for “cooked cream,” panna cotta is an un-baked egg-free custard with a silky, light texture. The raspberry topping makes it extra-delish!

Prep Time: 15 Min

Start to Finish: 4 Hr. 15 Min

Makes: 4 servings

INGREDIENTS

Panna Cotta

2 cups skim milk or vanilla soymilk
1 1/2 teaspoons unflavored gelatin
2 tablespoons sugar
1 1/2 teaspoons vanilla
Dash salt

Raspberry Sauce

2 tablespoons sugar
1 teaspoon cornstarch
1/4 cup water
1 1/2 cups frozen raspberries (from 10-oz bag)

DIRECTIONS

1. Into 1 1/2-quart saucepan, pour soymilk. Sprinkle gelatin evenly over soymilk. Let stand 5 minutes.
2. Add 2 tablespoons sugar, the vanilla and salt. Heat over medium-high heat 2 to 3 minutes, stirring constantly; until gelatin is dissolved and mixture just begins to simmer (**do not boil**). Remove from heat.
3. Pour mixture into 4 (6-oz) custard cups, dessert glasses* or bowls. Cover with plastic wrap; refrigerate about 4 hours or until set.
4. Meanwhile, in 1-quart saucepan, stir together 2 tablespoons sugar, the cornstarch and water. Stir in 1/2 cup of the raspberries. Heat to boiling, stirring frequently. Reduce heat to low. Cook 3 to 5 minutes, stirring frequently, until slightly thickened. Cool 10 minutes. Stir in remaining raspberries. Cover; refrigerate at least 1 hour until chilled.
5. When ready to serve*, run thin knife around edge of each panna cotta. Dip bottom of each custard cup into bowl of very hot water 5 seconds. Immediately place serving plate upside down over each cup; turn plate and cup over; remove cup. Panna cotta will flatten slightly. Spoon sauce over each serving.

Recipe Provides: Fruits 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	160	Calories from Fat:	20
Total Fat:	2 g	Saturated Fat:	0 g	Trans fat :	0 g
Cholesterol:	0 mg	Sodium:	125 mg	Total Carbohydrate:	30 g
Dietary Fiber:	6 g	Sugars:	22 g	Protein:	5 g

This recipe is adapted from WWW.eatbetterearly.com