

Chocolate Panna Cotta



3:1 ratio

- **Preparation time:** 5 minutes
- **Chilling time:** 3 hours
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	22.2g	
Protein	5.3g	
Carbohydrate	2g	
Energy (calories)	229kcal	



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Ingredients	Quantity	Your recipe
Gelatine	1g (½ leaf)	
K·Yo™ Chocolate	50g	
Double cream, e.g. Morrisons/Tesco	15g	
Water	5g	
Spray oil	1 spray	
Raspberries	13g	

Method:

1. Submerge gelatine in cold water for 3-4 minutes to soften.
2. Meanwhile place **K·Yo** in a saucepan over a low heat and warm gently for 2-3 minutes, until the consistency has become much thinner.
3. Add cream and water then stir through until well combined. When mixture is warmed through, remove pan from heat.
4. Squeeze excess moisture from gelatine and stir gelatine into the mixture until fully dissolved. The mixture will thicken slightly.
5. Spray mould with oil, pour mixture into mould, cover and place in the fridge to set for 3 hours.
6. Serve with raspberries.



- Make a raspberry coulis/sauce:
 - Heat raspberries in a saucepan over a low heat with 1 tablespoon cold water and a little sweetener until the fruit has softened and jammy consistency is achieved.

**K·Yo is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.**