

# Vanilla Panna Cotta



3.8:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	22.6g	
Protein	4.4g	
Carbohydrate	1.6g	
Energy (calories)	228kcal	



Enhancing Lives Together

# Vanilla Panna Cotta



Ingredients	Quantity	Your recipe
Gelatine	1g (½ leaf)	
<b>K·Yo™</b> Vanilla	50g	
Double cream e.g. Morrison's or Tesco	15g	
Water	5g	
Spray oil	1 spray	
Raspberries	13g	

## Method:

1. Add gelatine into a bowl and cover 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 a much thinner consistency.
3. Add cream and water, stir through until well combined (do not boil) and warmed through, remove pan from heat.
4. Squeeze excess moisture from gelatine and stir into the mixture until fully dissolved. The mixture will thicken slightly.
5. Spray ramekin mould with oil, pour in mixture, cover and place in the fridge to set for 3 hours.
6. Serve with raspberries.



## Always check with your dietitian what is suitable for you

- Make a raspberry coulis/sauce:
  - Add raspberries, 1 tablespoon of cold water and a little sweetener to a saucepan. Simmer gently over a low heat until the fruit has softened and a jam like 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.**

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