

Panna Cotta with Fruit



- **Preparation time:** 10 minutes
- **Cooking time:** 5 minutes
- **Chilling time:** overnight
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	% of total energy	Your recipe
MCT	10g	45%	
LCT	6.7g	30%	
Protein	5.9g	12%	
Carbohydrate	6.4g	13%	
Energy (calories)	200kcal	100%	



Enhancing Lives Together



Panna Cotta with Fruit

Ingredients	Quantity	Your recipe
Gelatine	1 leaf (2g)	
Single cream	32g	
Skimmed milk powder	7g	
K-Quik	50g	
Vanilla or caramel essence	¼ teaspoon	
Sweetener e.g. Hermetas Liquid or Truvia	A few drops or ¼ - ½ teaspoon	
Raspberries	45g	

Method

1. Soak gelatine leaf in cold water until soft.
2. Mix skimmed milk powder with the smallest amount of water possible to make a paste.
3. In a pan, heat the cream, **K-Quik** and skimmed milk paste over a medium heat and add the preferred flavouring and sweetener (do not boil).
4. Squeeze water out of the gelatine leaf and add to cream, **K-Quik** and skimmed milk powder mixture.
5. Remove pan from heat and stir until the gelatine has dissolved.
6. Transfer into a silicone mould or ramekin, cover and place in the fridge to set overnight.
7. Serve panna cotta with raspberries.



- Silicone moulds work well



Always check with your dietitian what is suitable for you

- Mash fruit with a fork or blend to make a fruit purée sauce
- For alternative flavours add sugar free Da Vinci syrup
- Use alternative permitted fruit(s) for different flavours

K-Quik is a food for special medical purposes and must be used under medical supervision. These recipes have been specifically designed for use in a ketogenic diet. Refer to labels for allergen and other product information.