



HEALTHYFOOD
STUDIO

VANILLA BEAN *panna cotta*

INGREDIENTS

250ml	Plain Ayrshire low fat or fat free yoghurt
2	Gelatin leaves
5g	Granulated sugar
7,5ml	Vanilla paste

METHOD

- 01 | Sponge gelatin in cold water.
- 02 | Hydrate the gelatin leaves in cold water until soft.
- 03 | Warm the yoghurt on moderate heat with the sugar and the vanilla paste, stir until sugar has dissolved and remove from the heat.
- 04 | Squeeze any excess water out of the hydrated gelatin and add it to the warm yoghurt. Stir thoroughly to make sure the gelatin is well-dissolved.
- 05 | Pour the yoghurt mixture into four molds and allow the panna cotta to set in the fridge.
- 06 | Unmold the panna cottas when ready to serve.



COOKING

8
MIN

PREP

15
MIN

SERVES

8