



Skyr/Vanilla Yogurt Panna Cotta with Raspberry, Honey and Flax Seed Topping

Recipe Adapted from Colleen Grapes, pastry chef,
The Harrison and The Red Cat, New York City
<http://www.redcatrestaurants.com/>

Total Time: 2 hours 12 minutes

Prep Time: 5 minutes

Inactive Time: 2 hours

Cook Time: 7 minutes

Level: Easy

Yield: 8 - 1/2 cup portions

Panna Cotta Ingredients:

1/2 cup cold 2% milk

1 envelope or 2 1/2 teaspoons unflavored powdered gelatin (such as Knox gelatin)

1 teaspoon vanilla extract

3 cups non-fat half and half

2/3 cup confectioner's sugar

1 teaspoon kosher salt

1/4 cup Skyr yogurt or vanilla non-fat Greek style yogurt

Directions:

For the Panna Cotta:

In a measuring cup, combine the milk, the gelatin and vanilla extract. Stir to make sure there are no clumps. Let stand for 5 minutes.

In a medium saucepan, combine the non-fat half and half, confectioners sugar and salt. Heat over medium heat until very hot, but do not boil, about 5 to 7 minutes.

In a bowl, whisk together the gelatin mixture with the vanilla Greek style yogurt.

Whisk about 1 cup of the hot half and half liquid into the yogurt gelatin mixture. Whisk until the gelatin is dissolved and the mixture is smooth. Stir in the remaining hot half and half liquid and mix until well combined.

Pour hot Panna Cotta mixture into glasses or ramekins. Refrigerate until set, about 2 hours.



Raspberry Topping Ingredients

3 tablespoons flax seed
3 pints raspberries
1/4 cup orange juice
2 tablespoons honey
1 Tablespoon cocoa powder
5 sprigs mint leaves, roughly chopped

For the Topping:

Preheat oven to 325 degrees F.

Toast the flax seeds in a preheated oven for 6 minutes and let cool.

In a bowl combine the toasted flax seeds, the raspberries, orange juice, honey, cocoa powder and mint leaves. Toss together and reserve on the side.

Top each serving of Panna Cotta with 1/2 cup of Raspberry, Honey and Flax Seed Topping.

Serve Chilled.



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*Nutrition Analysis and Facts

Per Serving

Nutrient	Rounded Nutritional Value	FDA Daily Values
Calories	200	0
Total Fat	4.0 g	6%
Saturated Fat	1.0 g	6%
Polyunsaturated Fat	1.5 g	0 g
Monounsaturated Fat	1.0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	5 mg	2%
Potassium	420 mg	12%
Sodium	290 mg	12%
Carbohydrate	38 g	13%
Fiber	8 g	34%
Sugar	24 g	0 g
Protein	6 g	13%
Vitamin A	244 IU	4%
Vitamin C	33 mg	60%
Calcium	165 mg	15%
Iron	2 mg	15%
Vitamin E	1 mg	4%
Vitamin K	9 mcg	10%
Vitamin B 6	0 mg	8%
Folate	33 mcg	8%
Vitamin B 12	1 mcg	8%
Phosphorus	204 mg	20%
Zinc	1 mg	10%
Vitamin D	0 mcg	0 %

**via FoodCare, Inc*