

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
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 (do not boil). When mixture is 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 mould with oil, pour mixture into mould, 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.**