

VANILLA STRAWBERRY STRIPED PANNA COTTA

INGREDIENTS

For the vanilla panna cotta

2 teaspoons powdered unflavored gelatin
3 tablespoons cold water
1 cup whole milk
1 cup heavy cream
1/2 cup sugar
1 cup plain non-fat yogurt
1 1/2 tablespoons vanilla extract

For the strawberry panna cotta

6 tablespoons macerated strawberries
2 teaspoons powdered unflavored gelatin
3 tablespoons cold water
1 cup whole milk
1 cup heavy cream
2 tablespoons lemon peel, grated
1/2 cup sugar
1 cup plain non-fat yogurt

fresh strawberries to garnish

DIRECTIONS

To make the vanilla panna cotta: Sprinkle the powdered gelatin over the cold water and let sit for ten minutes until softened. Combine the milk and cream in a saucepan and heat until warm. When the gelatin is softened, stir it into the milk with the sugar and stir over low heat until dissolved. Remove from heat and stir in the yogurt and vanilla extract until smooth. Pour into serving glasses (only part way full) and refrigerate for a minimum of 4 hours.

To make the strawberry panna cotta: Sprinkle the powdered gelatin over the cold water and let sit for ten minutes until softened. Combine the milk and cream in a saucepan and heat until warm. When the gelatin is softened, stir it into the milk with the sugar and stir over low heat until dissolved. Remove from heat and stir in the lemon peel and macerated strawberries until smooth. Pour into on top of the vanilla panna cotta in the serving glasses (almost to the top full) and refrigerate, again for 4-6 hours.

Garnish with fresh strawberries and serve.