

MIXED BERRY LEMON PANNA COTTA

INGREDIENTS

For the lemon panna cotta

5 tablespoons lemon juice
2 teaspoons powdered unflavored gelatin
1 cup whole milk
1 cup heavy cream
1/2 cup sugar
2 tablespoons lemon peel, grated
1 cup plain non-fat yogurt
1 tsp vanilla extract

For the pomegranate gelatin

2 ounces water, boiling hot
1 1/2 teaspoons powdered unflavored gelatin
8 ounces POM Pomegranate Blueberry juice
1 teaspoon sugar (optional; taste the juice as sometimes it is tart)

For garnish: mixture of berries -- in this case, blueberry, raspberry and blackberry

DIRECTIONS

Sprinkle the powdered gelatin over the lemon juice 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, yogurt, and vanilla extract until smooth. Pour into serving glasses (only half of 3/4 way) and refrigerate.

Stir the gelatin and hot water together until the gelatin has dissolved. Pour the pomegranate blueberry juice and sugar (if using) into the mixture and stir. When the panna cotta has firmed (depending on size of glass, but be sure not to take it out too early) pour a layer of pomegranate gelatin over each panna cotta and let set up in refrigerator. Garnish with mixed berries.