

1 SERVE =

$\frac{3}{4}$ UNIT DAIRY

$\frac{1}{2}$ UNIT FRUIT

1 tablespoon powdered gelatine
1 cup (250 ml) reduced-fat milk
2 teaspoons vanilla essence or
1 teaspoon vanilla extract
finely grated zest of 2 lemons
600 g reduced-fat
Greek-style yoghurt
 $\frac{1}{2}$ cup (15 g) Splenda
300 g raspberries, to serve

Tangy vanilla panna cotta

SERVES 6 PREP TIME **25 minutes, plus standing and refrigerating time**
COOKING TIME **3 minutes**

Serve these creamy mounds of lemony vanilla panna cotta surrounded by fresh raspberries – the perfect end to a meal.

- 1** Place 3 tablespoons hot water in a small bowl, sprinkle over the gelatine and leave for 1 minute until it becomes spongy. Stir briskly with a fork until the gelatine dissolves, then set aside.
- 2** Heat the milk until hot but not boiling. Add the gelatine mixture and whisk until it dissolves. Stir in the vanilla and lemon zest and set aside for 5 minutes.
- 3** Beat together the yoghurt and Splenda until well combined. Stir in the milk mixture and whisk until well combined. Pour into six 150 ml glasses or moulds and tap each one on the work surface to remove any air bubbles. Cover with plastic film and chill in the fridge for 1–2 hours until set.
- 4** Run a knife around the outside of the glasses or moulds and turn out the panna cotta onto serving plates. (Alternatively, serve them in their containers.) Scatter a few raspberries around the plate and serve.

TIPS

These can be made up to 24 hours in advance.

If you like things extra lemony, add 1 tablespoon lemon juice to the mixture when the lemon zest is added.

