

Paleo Panna Cotta Recipe

The Ingredients:

Panna Cotta:

- 13.5 oz of Full Fat Coconut Milk
- 1/4 cup of Blue Nectar Agave or Honey
- 1 teaspoon of vanilla extract
- 1 packet of organic gelatin
- 2 tablespoons of Water

Instructions:

- 1.) Warm water in small sauce pan.
- 2.) Sprinkle gelatin into water and allow to slowly dissolve at low heat, once fully dissolve take off heat and set aside.
- 3.) In large sauce pan heat Full Fat Coconut Milk, Blue Nectar Agave or Honey, add vanilla.
- 4.) Bring mixture up to medium heat, add gelatin, to mixture and whisk til smooth.
- 5.) Pour into ramekins and let cool in fridge to set up.

Berry Compote Topping:

- 1-2 cups of berry of choice or frozen berries**
- 1 tablespoon of honey**
- 1 tablespoon of lemon juice**

Instructions:

- 1.) Add everything to medium sauce pan.
- 2.) Bring to high heat, boiling, and allow to soften mash berries.
- 3.) Bring down to low heat and allow sauce to thicken.

Other add-ons:

- 1 teaspoon chia seeds
- 1/4 teaspoon of crushed nuts

ENJOY!

