

Panna Cotta

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- 1 orange
- 3 tablespoons water
- 1 tablespoon unflavored gelatin
- 4 cups whole milk
- 1/2 tsp. vanilla
- 1/2 cup SPLENDA® No Calorie Sweetener, Granulated
- 4 cups mixed berries (raspberries, blueberries, sliced strawberries etc.)

Slice or peel the rind off of the orange and cut the rind into large strips. Set aside.

Pour water into a small bowl. Slowly sprinkle gelatin over the water, allowing it to sit on top of the water. Do not stir the gelatin into the water. Let sit for about 10 minutes. The gelatin will slowly absorb the water.

Pour the milk into a medium saucepan. Add vanilla and orange rind. Bring to a simmer. Remove milk from heat as soon as it begins to simmer. Add gelatin mixture while stirring constantly. Stir until the gelatin is completely dissolved. Add SPLENDA® Granulated Sweetener and stir.

Pour the mixture through a fine meshed strainer into a pitcher with a spout. Pour into 8 ramekins or dessert cups. Chill uncovered for two hours.

When ready to serve, dip the ramekins or dessert cups into hot water for about 10 seconds to loosen the panna cotta from the cups. Unmold the panna cotta by placing a dessert plate on top of the ramekin. Holding firmly, turn the plate and ramekin over so that the panna cotta falls out of the mold and onto the dessert plate. Surround each panna cotta with 1/2 cup mixed berries. Makes 8 servings.

Nutrition information per serving: 110 calories, 5 grams protein, 5 grams fat, 15 grams carbohydrate, 60 mg sodium.

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