

MIXED BERRIES PANNA COTTA



6 serves



Prep: 10 mins



Cook: 2h 20 mins



INGREDIENTS

- 200g Whipping cream
- 100g Oat milk
- 25g Castor sugar
- 1 tsp Agar powder
- ½ tsp Vanilla bean paste
- 45g Strawberries, halved
- 35g Blueberries

METHODS

1. In a heated saucepan, add whipping cream, oat milk, castor sugar & agar powder. Whisk till the agar-agar is dissolved.
2. On medium heat, bring the mixture to a boil.
3. Pour the hot mixture into 7 x 2.5cm silicone moulds or ramekins.
4. Let it cool down at room temperature for 15 minutes.
5. Let it set in the refrigerator for at least 2 hours.
6. Garnish with strawberries & blueberries and serve!

Nutrition Information (per serving)

Energy 215kcal, Carbohydrate 11.3g, Protein 1.64g, Fats 18.3g, Saturated Fats 11.82g, Polyunsaturated Fats 0.58g, Monounsaturated Fats 4.19g, Cholesterol 48.5mg, Dietary Fibre 0.9g, Sodium 34.61mg, Potassium 39.47mg, Phosphate 13.4mg

