



ALMOND MILK PANNA COTTA

SERVES: 4 (approx. ½ cup each) **Prep Time:** 15 min. **Cooking Time:** 15 min.

CONTAINER EQUIVALENTS: 1

2 cups unsweetened almond milk
3 Tbsp. raw honey, *divided use*
2½ tsp. unflavored gelatin (preferably from grass-fed cows)
1 pinch sea salt (or Himalayan salt)
¼ tsp. pure vanilla extract
1 large egg white, pasteurized* (approx. 2 Tbsp.)
1 dash cream of tartar
4 Tbsp. **Blueberry Jam** (see separate recipe for **Blueberry Jam**)

1. Combine almond milk, 2 Tbsp. honey, gelatin, and salt in medium saucepan; whisk to blend. Set aside for 5 minutes.
2. Heat almond milk mixture over medium-low heat, stirring frequently, for 5 to 8 minutes, or until just before mixture starts to boil. Remove from heat.
3. Add extract; mix well. Cool for 20 minutes.
4. Pour into four serving bowls (or wine glasses). Refrigerate for 6 hours, or until gelatin has set.
5. To make meringue, place *remaining 1 Tbsp.* honey, egg white, and cream of tartar in a clean large metal mixing bowl; beat until stiff peaks are formed. Set aside.
6. Top each panna cotta with 1 Tbsp. Blueberry Jam and approx. 1 Tbsp. meringue; serve immediately.

RECIPE NOTES:

- Prepare meringue immediately before use, consume within 30 minutes.
- If using heat-safe serving bowls, you don't need to cool almond milk mixture before dishing and refrigerating (step 4).

NUTRITIONAL INFORMATION (per serving): **Calories:** 77 **Total Fat:** 2 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 106 mg **Carbohydrates:** 15 g **Fiber:** 1 g **Sugars:** 13 g **Protein:** 2 g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.


Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.


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BLUEBERRY JAM



SERVES: 16 (1 Tbsp. each) **Prep Time: 5 min.** **Cooking Time: 15 min.**

CONTAINER EQUIVALENTS (for 1 cup): Free (6 Tbsp. equal to  ½)

VEGAN CONTAINER EQUIVALENTS (for 1 cup): Free (6 Tbsp. equal to  ½)


1 cup **frozen blueberries**
Water


- 1.** Place blueberries in small saucepan, add water to cover bottom of pan, but do not submerge fruit; cook, over medium heat, stirring occasionally, for 12 to 15 minutes, or until berries have broken down and liquid becomes thicker.
- 2.** Refrigerate, covered, to cool.


RECIPE NOTE:


- This is a great technique that works with all kinds of fresh fruits to make delicious, healthy toppings. Try it with raspberries, plums, or apples. Cook times vary, but just make sure to keep stirring until fruit is soft and jammy and add more water if the pan gets too dry.

NUTRITIONAL INFORMATION (per serving): **Calories 5 Total Fat: 0 g Saturated Fat: 0 g Cholesterol 0 mg Sodium 0 mg Carbohydrates 1 g Fiber 0 g Sugars 1 g Protein 0 g**

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