



Strawberry Panna Cotta with Fresh Berries

This sweet and creamy panna cotta highlights fresh summer strawberries and presents beautifully for a meal with friends. Loaded with vitamins A and C, calcium and protein, it is also high in saturated fat and should be considered an occasional indulgent dessert.

Prep: 40 minutes • Total: 5 hours

Ingredients:

Strawberries (puréed)	1 cup	250 mL
Sugar	3 Tbsp	45 mL
Greek Yogurt (plain, 0% MF)	½ cup	125 mL
Whipping Cream (35% MF)	1 cup	250 mL
Gelatin Powder	1 packet	15 mL
Vanilla Pod	1	1

Directions:

1. Combine strawberries with sugar and blend until puréed. Let stand for 10 mins.
2. Add yogurt and purée until smooth. Strain into a large bowl.
3. In a small bowl, sprinkle gelatin over 50 mL of cream. Let stand for 5 mins then stir to gently combine.
4. Split vanilla pod and scrape out vanilla beans.
5. Heat remaining cream in a saucepan and add vanilla beans and the pod.
6. Once steaming, remove from heat and discard empty pods.
7. Whisk gelatin into cream until gelatin fully dissolved.
8. Strain cream into strawberries and whisk to combine well.
9. Pour into 4 x 175 mL ramekins and refrigerate for at least 4 hrs.
10. Run knife along edge of ramekin. Dip ramekin into hot water and invert onto serving plate. Serve with fresh berries!

Nutrition Facts

Serving Size (144g)		
Servings Per Container		
Amount Per Serving		
Calories 280	Calories from Fat 200	
	% Daily Value*	
Total Fat 22g		34%
Saturated Fat 14g		70%
Trans Fat 0.5g		
Cholesterol 80mg		27%
Sodium 35mg		1%
Total Carbohydrate 16g		5%
Dietary Fiber 1g		4%
Sugars 13g		
Protein 6g		
Vitamin A 20%	•	Vitamin C 40%
Calcium 8%	•	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
	Fat 9	• Carbohydrate 4 • Protein 4

Adapted from: Canadian Living

Makes 4 servings (144 g / serving) • 1 serving = 1 ramekin

Prepared By: Jennifer Broxterman, Registered Dietitian & Joyce Ho, BSCh Foods & Nutrition student
NutritionRx • Email: info@nutritionrx.ca • Phone: (519) 520-9549 • Website: www.nutritionrx.ca