

Easy Coconut Panna Cotta

serves 4

Ingredients:

1 can full-fat coconut milk
1/3 cup maple syrup
1 teaspoon vanilla extract
1 ½ teaspoon grass-fed
gelatin



Directions:

In a small saucepan, whisk together 1 cup of the coconut milk with the powdered gelatin. Allow to sit for 5 minutes, to allow the gelatin to “bloom.”

Add in the vanilla, then gently heat the mixture over medium-low heat, whisking well to help the gelatin dissolve. Be careful NOT to boil this mixture!

Once the gelatin has completely dissolved, remove from the heat and stir in the maple syrup and remaining coconut milk.

Pour the mixture into 4 small dishes, and place in the fridge to set for at least 4 hours before serving.

Serve with a sprinkle of cinnamon and some fresh berries or passionfruit if desired.