

Honey pannacotta with tropical fruit salsa



Makes 4 serves

Ingredients

- 1 ½ tsp powdered gelatine
- 1 ½ tbs water
- 1 cup low-fat milk
- 1 ½ tbs caster sugar
- 1 ½ cups honey-flavoured yoghurt
- 1 mango, peeled and stoned
- 2 kiwi fruit, peeled
- 300g pawpaw, peeled and seeded
- ¼ pineapple, peeled and cored
- pulp of 2 passionfruit

Method

1. Sprinkle gelatine over water in a cup and set aside.
2. Place milk and sugar into a small saucepan over medium heat. Stir occasionally and heat until hot but not boiling. Remove from heat and stir through gelatine until dissolved. Set aside to cool slightly then add yoghurt and mix well until smooth.
3. Divide yoghurt mixture among four 150ml capacity individual jelly, pannacotta or dariole moulds. Cover each mould with plastic wrap and refrigerate for 4 hours or overnight until set.
4. To prepare salsa, cut all fruit into 1cm dice and combine in a medium sized bowl with passionfruit.
5. Just prior to serving, break the seal by running the blade of a knife around the edge of each pannacotta. Upturn mould onto serving plate and shake to release.
6. Divide fruit salsa between plates and serve immediately.

Hint

Pannacotta can be made up to 2 days in advance if kept covered in moulds otherwise it needs to be served immediately once turned out to prevent it 'melting'.

If jelly or dariole moulds are not available, use a similar shape plastic container such as an individual disposable yoghurt tub or a silicone muffin tray.

Alternatively, set pannacotta in a glass or bowl and top with fruit salsa

Looking for a guilt free sweet indulgence? This luscious dessert uses food from 2 core food groups providing the goodness from dairy and fruit. Regular consumption of dairy foods may reduce the risk of high blood pressure, heart disease, type 2 diabetes and some cancers. Including dairy has also been shown to help with weight management.

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Nutrition information

	Average Quantity per Serving	Average Quantity per 100 g
Energy	987 kJ	264 kJ
Protein	9.9 g	2.7 g
Fat, total	4.5 g	1.2 g
— saturated	2.8 g	0.8 g
Carbohydrate	35.2 g	9.4 g
— sugars	35 g	9.4 g
Sodium	93.6 mg	25.1 mg
Fibre	5.6 g	1.5 g

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