

Lemon panna cotta

Serves: 4

Time

Preparation time 10 minutes

Chilling time 3–4 hours

Ingredients

- juice 1 lemon
- 4 tablespoons water
- 12g sachet of gelatine
- 180g extra light cream cheese
- 150g caster sugar
- 2 x 120g pots of lemon fat-free Greek-style yogurt
- 2 egg whites

To serve

- 200g fresh or frozen red berries of your choice
- lemon zest (optional)



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Method

1. Pour lemon juice and water into a small saucepan and bring to the boil. Remove from the heat and whisk the powdered gelatine into the lemon liquid until completely dissolved. Set aside and allow to cool slightly.
2. Whisk the cream cheese, half the sugar and yogurt until smooth.
3. Now, whisk the lemon liquid into the cream cheese and yogurt mixture. In a clean, dry bowl beat the egg whites along with the remaining sugar until softly peaked and gently fold into the cream cheese mixture.
4. Spoon into 6 individual mini pudding moulds or cups and set into a refrigerator for 3–4 hours, or overnight until set.
5. To serve, dip the moulds in hot water for a few seconds and tip out onto plates and serve with the red berries and lemon zest (optional).

This recipe contains raw egg so is not suitable for young children and pregnant women.

Tip

This recipe also works well using 2 tablespoons of artificial sweetener instead of sugar.