



Coffee Panna Cotta with Raspberry Coulis – Low Carb and Gluten-Free

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Creamy, rich coffee panna cotta made with Greek yogurt and drizzled with raspberry coulis. Low carb and gluten-free.

Ingredients

Coffee Panna Cotta:

- 1 1/2 cups heavy cream divided
- 1 envelope unflavoured gelatin
- 1 tbsp instant coffee
- 1/3 cup Swerve Sweetener
- 1 1/2 cups Greek yogurt I used full fat, but you could do 2%
- 1/2 tsp vanilla extract
- 10 drops stevia extract

Raspberry Coulis:

- 2 cups raspberries fresh or frozen (if frozen, thaw first)
- 3 tbsp powdered Swerve Sweetener
- 2 tsp fresh lemon juice

Instructions

1. For the panna cotta, lightly grease 8 half-cup ramekins or serving dishes.
2. Place 1/2 cup heavy cream into a medium saucepan, sprinkle gelatin over and let sit for 3 minutes.
3. Add remaining cream, instant coffee and granulated erythritol, and set over medium heat, whisking until gelatin, coffee and erythritol are dissolved. Cook until mixture begins to steam but does not boil.
4. Remove from heat and stir in Greek yogurt, vanilla and stevia until smooth.
5. Divide between prepared ramekins, wrap in plastic wrap and chill at least 3 hours.
6. For the raspberry coulis, process raspberries and powdered erythritol in a food processor until pureed.
7. Set a fine-mesh sieve over a bowl and drain, pressing on solids to get as much liquid through the sieve as possible. Stir in lemon juice.
8. If you want to unmold your panna cotta, sit the ramekin in several inches of hot water, then run a sharp knife around the outside and invert onto a plate. Alternatively, you can leave it in the serving dish. Drizzle with raspberry coulis and serve.

Recipe Notes

Serves 8. Each serving has 6.5 g of carbs and 2 g of fiber. Total NET CARBS = 4.5 g.