

Light Vanilla Panna Cotta 軽いバニラパannaコッタ

Serves: 4

Ingredients

- 200 ml heavy cream (生クリーム)
- 100 ml milk (牛乳)
- 150 g Greek yogurt (ギリシャヨーグルト)
- 30–40 g sugar (砂糖)
- 1 tsp vanilla (バニラ)
- 5 g gelatin (ゼラチン)
- 2 T / 30 ml water (ゼラチン用水)



Instructions

1. Bloom **gelatin** in **water** for **5–10 minutes**.
2. **Heat cream, milk,** and **sugar** until steaming (**do not boil**).
3. Remove from heat and stir in **gelatin**.
4. Cool slightly, then whisk in **yogurt** and **vanilla**.
5. Pour into cups and **chill at least 4 hours**.

Nutrition (per serving)

Kcal: 180 | Protein: 6 g | Fat: 12 g | Sat Fat: 7 g | Carbs: 14 g | Sugars: 13 g |
Fiber: 0 g | Sodium: 50 mg | Omega-3: 0 g