

# Honeyed Yoghurt Panna Cotta

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medium to large saucepan  
measuring cups and spoons  
metal whisk  
silicon spatula  
4 to 6 serving dishes

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1. In the saucepan **whisk** together
    - 3 cups **full fat plain yoghurt**
    - ¼ cup **raw honey**
    - 3 tsp **granulated gelatine** (grass fed)
    - 3 tsp **vanilla extract or rosewater**
  2. **Let stand** for 10 minutes to allow the gelatine to “bloom” (absorb liquid).
  3. While **stirring** with the silicon spatula, **heat** slowly on the stove top until smooth and warm, but not boiling. (There should be no visible gelatine granules.)
  4. **Pour** the mixture into the serving dishes.
  5. **Refrigerate** for 2 hours until set.
  6. Before serving, **decorate** with
    - drizzle **extra raw honey**
    - berries or edible flowers**
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