



Brookdale
HEALTH HYDRO



EF GF

PANNA COTTA WITH POMEGRANATE

SERVES 6

- 2 ¼ cups** **Homemade Yoghurt** [pg 166]
at room temperature
- 1 drop** vanilla paste
- 2 ½ tsp** raw honey
- 3 Tbsp** pomegranate jewels
- 5** gelatine leaves
- 1 ½ cups** water
- GARNISH**
- ¼ cup** pomegranate jewels
- ¼ cup** pomegranate juice

Mix the yoghurt, vanilla, honey and pomegranate jewels together. Soak gelatine in 1 cup of water and leave for ±5 minutes or until soft. Squeeze gelatine to get rid of excess liquid and place into a bowl with ½ cup of water. Place bowl over a pot of boiling water and stir gelatine until melted. Slowly add gelatine into yoghurt mixture while whisking fast. Spoon into Dariole moulds and refrigerate for 3–4 hours or until set. Un-mould and spoon pomegranate jewels & juice over the panna cotta when ready to serve.

This recipe is from Brookdale's Heavenly and Healthy Balance cookbook, which is available for purchase at Brookdale Health Hydro or online at www.brookdale.co.za