

VEGAN COCONUT PANNA COTTA



INGREDIENTS:

For the Panna Cotta:

- 2 cups full-fat coconut milk
- 1 tablespoon agar agar powder (or 2 tablespoons agar agar flakes)
- 3 medjool dates, pitted and soaked in warm water for 10 minutes
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- Pinch of sea salt

For the Topping:

- 1 cup fresh mixed berries (strawberries, blueberries, raspberries, etc.)
- ¼ cup gluten-free graham crackers, crumbled

Optional:

- Drizzle of maple syrup or a sprinkle of lemon zest for extra flavor



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INSTRUCTIONS

Prepare the Dates:

- Blend the soaked dates with 2 tablespoons of water in a blender or food processor until smooth. Set aside.
- Make the Panna Cotta:
- In a medium saucepan, whisk together the coconut milk and agar agar powder. Heat over medium heat, stirring frequently, until the mixture comes to a gentle boil.
- Reduce the heat to low and simmer for 3-5 minutes, stirring constantly to activate the agar agar. The mixture should slightly thicken.

Sweeten and Flavor:

- Remove the saucepan from heat and stir in the date paste, maple syrup, vanilla extract, and a pinch of sea salt. Whisk until well combined.

Set the Panna Cotta:

- Pour the mixture evenly into 4 ramekins, glasses, or serving bowls. Let cool at room temperature for 10 minutes, then transfer to the refrigerator to set for at least 2 hours (or until firm).
- Prepare the Topping:
- Wash and dry the fresh berries. Gently toss them with a drizzle of maple syrup if desired.
- Crumble the gluten-free graham crackers into coarse crumbs.

Assemble and Serve:

- Once the panna cotta has set, remove from the fridge and top each serving with a handful of fresh berries and a sprinkle of GF graham cracker crumble.

Optional:

Add a drizzle of maple syrup or a touch of lemon zest for extra brightness.