



Lemon Panna Cotta from Nonnie's Italian Kitchen

MyPlate2Yours - Lynn Dugan

Ingredients

Panna Cotta:

- 1-1/2 tablespoons unflavored gelatin
- 1 cup 2% milk
- 1/2 cup plus 2 tablespoons sugar
- 3 cups low-fat buttermilk
- 1 teaspoon lemon zest

Sauce:

- 1/2 cup apple juice
- 1/4 cup sugar
- 1 tablespoon fresh lemon juice (1/2 lemon)
- 2 cups blueberries
- 2 teaspoons cornstarch mixed with 1 tablespoon water

Directions

Prepare 8 ramekins or custard cups with cooking spray. In a small saucepan, sprinkle gelatin over 2% milk, let stand 10 minutes. Cook milk and gelatin over medium-low heat until gelatin dissolves (3-5 minutes). Increase heat to medium and add sugar, stirring with a whisk until it dissolves (about 2 minutes). Remove from heat. Add buttermilk and zest, stirring well. Divide mixture evenly among prepared custard cups. Cover and chill 5 hours or overnight. When ready to serve, place dessert plate on top of each ramekin. Invert panna cotta onto plates. Serve with sauce.

In a small saucepan, combine apple juice, sugar, and lemon juice. Bring to a boil and stir until sugar dissolves. Add the blueberries and reduce heat to simmer. Cook about 5 minutes until blueberries soften and begin to open. Add cornstarch mixture if thicker consistency is desired. Cool sauce to room temperature. Enjoy!