

MANGO PANNA COTTA WITH RASPBERRIES



Ingredients:

- 250 ml cream
- 1-2 tbsp sugar
- 200 ml kefir
- 1 pinch vanilla powder or seeds from 1 vanilla pod
- 3 gelatine leaves
- 1 mango
- 1 basketful of raspberries
- 1 tbsp icing sugar
- fresh mint

Mango panna cotta preparation

Soften the gelatine leaves in cold water for about 5 minutes. Meanwhile, warm through the cream and sugar in a saucepan. Do not boil the cream. Remove the saucepan from the heat. Purée the mango through a sieve into kefir. Mix until it resembles a smoothie. Squeeze excess water from the gelatine leaves and whisk them into warm cream. While the mixture is still warm, mix it into the mango kefir “smoothie”. Whisk the mixture well, leaving no lumps. Pour into moulds while still warm. Place in the refrigerator to set firm. Mash half the raspberries with a fork and add icing sugar. Pour over the chilled panna cotta. Use the rest raspberries for decoration. Never cook kefir (or yoghurt) with cream, because it will turn sour and lumpy.

Serving tip: To serve, dip in warm water to loosen the mango panna cotta from the moulds. The panna cotta will then easily slip from the mould.

See more recipes with milk kefir [here](#).

Products used to prepare this recipe:



Kefir Fermenter

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