

Raspberry Coconut Panna Cotta

- by Healing Family Eats

We all love this quick dessert in our house and with its nutritional content, not to mention the goodness from the gelatine, I am only too happy to oblige. Don't limit it to raspberries, it is delicious made with blackberries, strawberries, blueberries and, although I have yet to try it, cherries would be sublime I think.

(serves 6-8)

- 1 tbsp gelatine ([this one](#) is made from grass fed cows)
- 3 cups (750ml) coconut milk (I use [this one](#))
- 1 packed cup (170g) raspberries, plus extra for garnish if desired
- 1 tsp alcohol free vanilla extract (I use [this one](#))*
- 1/4 cup raw honey

Put 1/2 cup of filtered water into a pan, sprinkle over the gelatine and set aside for 5 mins or so, till softened and spongy. Meanwhile, put the coconut milk together with the raspberries in a high speed blender and whizz till thoroughly combined. If you prefer a completely seedless version, you can press the mixture through a fine sieve at this stage.

Heat the gelatine very gently. Don't let it get too hot and certainly never allow it to boil or it will taste (and smell) of animals! Remove from the heat, stir in the honey and whisk the mixture into the coconut/raspberry mixture, along with the vanilla extract. Divide between 6 to 8 ramekins or small glasses and chill until set.

* Please note that vanilla extract containing alcohol is not suitable for strict AIP. If you don't want to use the one specified, then leave it out altogether.

