

# PANNA COTTA WITH BLUEBERRY, PRUNE COMPOTE AND CINNAMON



Time  
45min



Servings  
6

Calcium Recommended Daily Intake  
8%

Calories

**500**

Calcium

**99mg**

Protein

**8.7g**

Vitamin D

**53 IU**

## Ingredients

- 3 sheets of white gelatine
- 1 vanilla pod
- 500g whipping cream
- 70g sugar
- 4 tbsp maple syrup
- 2 level tsp cornflour
- 200ml blackcurrant juice
- 250g blueberries
- 100g SUNSWEET® prunes
- 1 pinch of cinnamon
- 80g walnut kernels

## Instructions

1. Soak gelatine in cold water. Cut open the vanilla pod lengthwise, scrape out the pulp and simmer with the pod in the cream for about 15 minutes. Stir in 30g sugar and 2 tbsp maple syrup, remove the vanilla pod. Squeeze excess water from the gelatine sheets and add them to the cream, stirring until dissolved. Pour the mixture into 6 small moulds or ramekins, rinsed cold, and chill in the fridge for at least 3 hours.
2. Mix the cornflour with 2 tbsp cold juice to form a smooth paste, bring the remaining juice and the remaining maple syrup to the boil, stir in the corn-flour paste and bring back to the boil. Wash the blueberries and immediately add to the juice, heat briefly and then remove from the heat and mix in the prunes. Leave to cool and add cinnamon to taste.
3. Sprinkle the remaining sugar into a hot pan, wait for it to melt and caramelise. Stir in the walnuts and then spread the mixture out on a baking tray lined with greaseproof paper to cool down. When cool, chop roughly.
4. Dip the ramekins briefly in hot water to loosen the panna cotta before turning out onto a plate. Serve with the blueberry and prune compote and the caramelised walnuts.

*Tip: Instead of blueberries, you could use redcurrants or cherries.*



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<https://www.osteoporosis.foundation/patients/recipes>

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