

Vegan Panna Cotta

Ingredients

- 800 ml plant-based milk:
2 14-oz cans full-fat coconut milk, 400 mL each
or 1 can of coconut milk and 400ml of another plant-based milk (I like hazelnut or almond milk)
or 800ml of your favorite plant-based milk
- 3 T coconut sugar
- 1 T powdered agar agar
- 1 vanilla bean, split with seeds removed to use, or a pinch of vanilla powder

Fruit topping

- 1 cup (125 g) fresh or frozen berries
- 1 to 2 T maple syrup
- 1 tsp lemon juice (5 mL)
- 1 T arrowroot or cornstarch for thickening

Directions

1. Pour milk into a small saucepan over medium heat. Once milk begins a gentle boil, whisk in sugar and agar agar. Boil gently for 3 minutes.
2. Add vanilla, stirring well, and pour into four lightly greased glass ramekins. Once cooled to room temperature, place in the refrigerator for a minimum of one hour.
3. Prepare fruit topping by combining all ingredients in a small saucepan over medium heat. Cook until berries break down and a sauce begins to form and thicken. Allow to cool at room temperature.
4. When ready to serve, divide berry mixture between four plates, releasing each panna cotta from its ramekin and placing one on each plate.

Enjoy!