

SUGAR FREE

CHOCOLATE PANACOTTA

SERVES - 4

INGREDIENTS

2 gelatine leaves
1 vanilla pod
500ml double cream
60g Perfect Sweet® xylitol
20g cacao powder
or good quality cocoa, sifted
Cacao nibs to decorate

METHOD

Soak the gelatine leaves in cold water to soften and set aside.

Open the vanilla pod and use the blunt side of a knife to scrape the seeds into a saucepan. Add the pod, cream, xylitol and cacao to the saucepan and bring to a near simmer to dissolve the xylitol, stirring gently.

Squeeze the water out of the gelatine leaves. Add the softened gelatine leaves to the cream mixture and stir until dissolved.

Strain mixture through a fine mesh sieve and pour into 4 small moulds or glasses.

Leave to set in the fridge for 3 hours.
Decorate with cacao nibs.

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