



Fennel Vanilla Panna Cotta (from empoweredsustenance.com)

Ingredients

2 cups coconut milk
3/4 teaspoon fennel seeds (measure, then crush)
3/4 teaspoon vanilla extract
2-1/2 teaspoons grass-fed gelatin
4 teaspoons raw, local honey
pinch sea salt

Directions

Reserve 1/4 cup of coconut milk in a small bowl. Heat the remaining coconut milk and the crushed fennel seeds in a saucepan over low heat. Keep just below simmering for about 15 minutes. Strain out the fennel seeds and return the coconut milk to the saucepan.

Mix the gelatin into the remaining 1/4 cup coconut milk. Let sit while you bring the fennel-steeped coconut milk up to a simmer. Whisk the gelatin mixture into the hot coconut milk. Turn off the heat, let cool slightly, and whisk in the vanilla, honey and salt.

Pour into 4 individual ramekins or one larger dish. Set in the fridge overnight before serving. Serves 4.

Preparation Time: 5 minutes, Cook Time: 15 minutes, Total Time: 20 minutes

Dietary Compliance

dairy-free, egg-free, GAPS/SCD, gluten-free