

Low-Carb Strawberry & Rhubarb Panna Cotta

Hands-on 15 minutes Overall 3-4 hours

Nutritional values (per serving, 1 jar): Total carbs: 7.6 g, Fiber: 2 g, **Net carbs: 5.6 g,**

Protein: 6 g, Fat: 35.2 g, Calories: 355 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)



Ingredients (makes 4 servings)

- 1 cup full-fat heavy whipping cream (240 ml/ 8 fl oz)
- 1 cup [coconut milk](#) or more cream (240 ml/ 8 fl oz)
- 1 tbsp [gelatin powder](#) (11 g/ 0.4 oz)
- 1/2 tsp [vanilla powder](#) or seeds from 1 [vanilla bean](#) or 1-2 tsp sugar-free [vanilla extract](#)
- 3 tbsp [Erythritol](#) or [Swerve](#) (30 g / 1.1 oz) or 10-15 drops [liquid Stevia extract](#)
- 8 tbsp [Homemade Strawberry & Rhubarb Jam](#) (160 g/ 5.6 oz)
- 1/4 cup water (60 ml/ 2 fl oz)

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Instructions

1. If you are using whole vanilla bean, split it lengthways, scrape the seeds out.
2. Combine the cream, coconut milk, all of Erythritol, stevia and vanilla extract in a small saucepan. Use a whisk to mix it well and warm it up over low heat. In a small bowl, combine the cold water with powdered gelatine.
3. Make sure all the gelatine is properly dissolved before you add it to the warm (not boiling) mixture.
4. Remove from heat and let stand at room temperature for 10-15 minutes. Stir panna cotta mixture and gently pour into 4 dessert bowls or glasses. Cover and refrigerate for at least 2 hours or until set.
5. When firm, spoon 2 tablespoons of the jam on top of each panna cotta.
6. Serve immediately or refrigerate for up to 4 days.

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