

Keto Spiced Chocolate Panna Cotta with Strawberry Coulis

Hands-on 20 minutes Overall 3-4 hours

Nutritional values (per serving, 1 panna cotta): Total carbs: 8.3 g, Fiber: 1.4 g,

Net carbs: 6.9 g, Protein: 4.8 g, Fat: 30 g, Calories: 300 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 4 servings)

Chocolate panna cotta:

2 cups full-fat coconut milk or heavy whipping cream (240 ml/ 8 fl oz)

1/2 bar dark chocolate, 85%-90 cocoa solids (50 g/ 1.8 oz)

1/4 cup cold water (60 ml/ 2 fl oz)

2 tsp gelatin powder (5 g/ 0.2 oz)

10-15 drops stevia

1/2 tsp dried anise seeds

4 whole cardamom pods

Optional: 1 tsp virgin coconut oil (not needed if you use silicon molds)

Strawberry Coulis:

1/2 cup strawberries (70 g/ 2.5 oz)

5-10 drops stevia

2 tbsp water

Instructions

1. Pour the coconut milk in a pot and add anise seeds and cardamom pods. Bring to simmer over medium heat and cook for just about a minute. Keep an eye on it to prevent the milk from boiling over. When done, take off the heat and leave to rest for 10-15 minutes.
2. Using a sieve, pour the milk into another pan and discard the spices.
3. Add dark chocolate broken into pieces and slowly heat up while stirring until the chocolate dissolves. Then, take off the heat and add stevia.
4. Meanwhile, pour the cold water in another pan. Sprinkle the gelatin over the surface of the water and mix in well. Let it stand for 10-15 minutes.
5. Add the warm chocolate mixture and keep stirring until dissolved.

Make sure there are no granules before pouring it into the ramekins.

6. Lightly grease 4 ramekins with coconut oil and place them on a tray. Pour the chocolate mixture in and place in the fridge until set (3 hours or overnight).
7. When the panna cotta is set, prepare the strawberry coulis. Blend half of the strawberries in a food processor together with 2 tbsp water and stevia.
8. Run a knife around the edge of the panna cotta and unmold each one onto a plate and circle with the coulis. Use the remaining strawberries for garnish and enjoy. Store in the fridge for up to 4 days.

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