

Low-Carb Lavender Panna Cotta

Hands-on 30 minutes Overall 4 hours 30 minutes

Nutritional values (per serving): Total carbs: 5.9 g, Fiber: 0 g, **Net carbs: 5.9 g**, Protein: 9.5 g,

Fat: 51.3 g, Calories: 533 kcal,

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



Ingredients (makes 4 servings)

- 500 ml heavy whipping cream (17 fl oz)
- 250 g natural full-fat Greek yoghurt (8.8 oz)
- 2-4 tbsp [Swerve](#) or [Erythritol](#) or other [healthy low-carb sweetener](#) (I used [Monk Fruit with Stevia](#))
- 2-3 tsp [gelatin powder](#) or 2-3 gelatin leaves
- 1/4 cup cold water (60 ml/ 2 fl oz)
- 1 tsp sugar-free [vanilla extract](#) or 1/4 tsp [vanilla powder](#)
- 2-3 tbsp [dried lavender](#) or 2-3 drops of [lavender oil](#)
- Optional:* 1 tsp [dried lavender](#), chopped very finely for garnish

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Instructions

1. Place the sour cream, Greek yoghurt, sweetener into a saucepan.
2. Add lavender and vanilla and heat over a medium heat. Taste and add sweetener if needed.
3. Sprinkle gelatin powder over 1/4 cup of cold water and sit aside to let it bloom.
4. Once ready, pour and scrape the gelatin into the hot cream mixture and mix well until all the gelatin has dissolved. (Add your lavender oil if using instead of dried lavender. It will smell quite strong, as the heat of the cream is releasing the fragrance of the oil. I suggest tasting as you go).
5. Strain mixture to remove any lumps of gelatin and dried lavender.
6. Pour into individual serving glasses. I prefer glass jars to panna cotta moulds, because they're much easier and look fabulous. But use a mould if you want to.
7. Sprinkle with finely chopped lavender and chill until firm, approx. 4 hours. Enjoy!
8. Store covered in the refrigerator for up to 4 days

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