

# Keto Pumpkin Pie Panna Cotta

Hands-on 15 minutes Overall 2-3 hours

**Nutritional values (per serving):** Total carbs: 5.6 g, Fiber: 1.6 g, **Net carbs: 4 g**, Protein: 3.3 g,  
Fat: 28.6 g, Calories: 292 kcal,

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



## Ingredients (makes 4 servings)

- 2 tsp [gelatin powder](#) or 2 gelatin sheets
- 1/4 cup water (60 ml)
- 1 1/4 cup heavy whipping cream or [coconut milk](#) (300 ml/ 10.1 fl oz)
- 1/2 cup [pumpkin puree](#) (100 g/ 3.5 oz)
- 4 tbsp brown sugar substitute such as [Sukrin Gold](#), [Swerve](#) or plain [Erythritol](#) (40 g/ 1.4 oz) - *can be omitted*
- 1 tbsp pumpkin pie spice

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## Instructions

1. Sprinkle the gelatin in a small bowl filled with 1/4 cup water. Let it bloom while you heat up the cream.
2. Place the cream on a saucepan and add the pumpkin puree, pumpkin pie spice and sweetener.
3. Heat up over a medium heat. Once the you see foam on top of the cream, take off the heat.
4. Add the bloomed gelatin and mix until fully dissolved.
5. Strain the mixture through a fine mesh sieve to remove any solids. Strain directly into small half cup (120 ml) ramekins.
6. Cover with a foil and refrigerate until fully set, for about 2 hours.
7. Eat straight from the ramekins or dip the ramekin briefly in a saucepan filled with boiling water. Run a sharp knife around the edges and flip to release each panna cotta onto a serving plate (this would be even easier if you use silicon molds).
8. Optionally, serve with whipped cream and cinnamon. Store in the fridge for up to 5 days.

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