

Low-Carb Earl Grey Panna Cotta

Hands-on 10 minutes Overall 2 hours 20 minutes

Nutritional values (per serving): Total carbs: 2.1 g, Fiber: 0.2 g, **Net carbs: 2 g**, Protein: 2.4 g,
Fat: 23.5 g, Calories: 233 kcal,

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



Ingredients (makes 4 servings)

1 cup heavy whipping cream *or* full-fat [coconut milk](#) (240 ml/ 8 fl oz)

1 cup unsweetened [almond milk](#), cashew milk *or* macadamia milk
(240 ml/ 8 fl oz)

1 tbsp [Erythritol](#) *or* [Swerve](#) (10 g/ 0.4 oz) - *you can skip or use more to taste*

2-3 tsp [gelatin powder](#) *or* 2-3 gelatin leaves

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

2 Earl Grey tea bags *or* 2 tbsp loose tea

Note: For a nut-free alternative, try poppy seed milk ([here's a guide on how to make any nut and seed milk](#)).

Instructions

1. Place the cream, almond milk and sweetener in a saucepan and heat over medium heat.
2. Place the tea bags in the cream mixture to steep while it heats up.
3. Place your gelatin leaves in about 1 cup of cold water, or bloom your gelatin powder in 1/4 cup of cold water. Add the bloomed gelatin to the hot milk mixture and stir until completely dissolved.
4. Take the pot off the heat and sit aside for the tea to infuse further for 10 minutes. Squeeze the tea bags out into the mixture and discard.
5. Pour the mixture into serving dishes. I used one large shallow bowl, but individual pots or glasses would look pretty too.
6. Place in refrigerator for approx. 2 hours, or until set.
7. Store, covered, in the refrigerator for up to 4 days. *Note: you can place cling wrap on the surface to avoid the wrinkled affect that you see in my photos, but I kind of like the texture and interest that it lends to the dish. You may not want that. I would suggest not using a big shallow bowl if you want to avoid the wrinkles on top, the smaller your surface area the least likely it is to wrinkle.*

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