

Panna cotta à la forest fruits

Sweet

level 

 6

 25 min



Ingredients

200 ml	Fresubin 2 kcal DRINK
	Fruits of the forest
2	egg yolks
4 table- spoons	sugar
1 tea- spoon	starch
50 ml	cream
3	gelatine leaves (6 g)

Nutritional information per serving:

Energy	169 kcal
Protein	5.6 g
Fat	7.0 g
Carbohydrate	20.0 g
Fibre	0.0 g

Alternative products:

Fresubin® Energy/Fibre DRINK
Fresubin® Protein Energy DRINK
Fresubin® Energy DRINK



Preparation

Soak gelatine leaves in a bowl of cold water. Warm Fresubin 2 kcal DRINK Fruits of the forest.

Mix egg yolks, starch and sugar, add to Fresubin 2 kcal DRINK and cook until the mixture thickens.

Add the soaked gelatine leaves and dissolve them in the hot mixture. Whip cream and add to the mixture. Pour into small moulds (e.g. cups) and store in the refrigerator for at least 2 hours.

TIP:

Enjoy the panna cotta with some fresh fruits or fruit sauce.