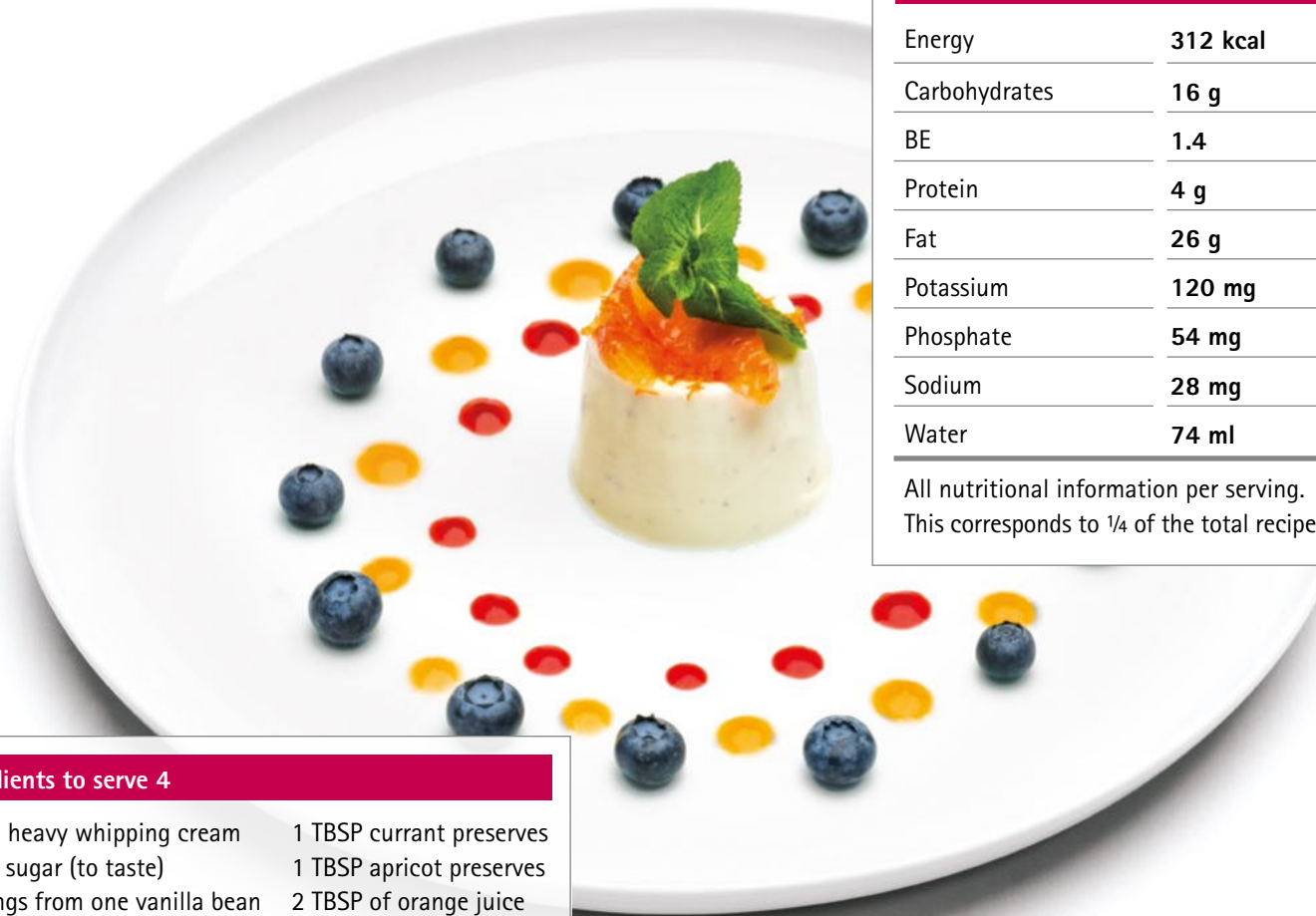


# Panna cotta

## with sweet blueberries



### Nutrition value

Energy	312 kcal
Carbohydrates	16 g
BE	1.4
Protein	4 g
Fat	26 g
Potassium	120 mg
Phosphate	54 mg
Sodium	28 mg
Water	74 ml

All nutritional information per serving.  
This corresponds to 1/4 of the total recipe.

### Ingredients to serve 4

320 ml heavy whipping cream	1 TBSP currant preserves
2 TBSP sugar (to taste)	1 TBSP apricot preserves
Scrapings from one vanilla bean or 1/2 package of vanilla sugar	2 TBSP of orange juice
4 to 5 sheets of gelatin	8 TBSP of blueberries
Zest of one orange	Fresh mint leaves for garnishing

### To make the panna cotta ...

Heat up the cream with the sugar and vanilla scrapings in it, when hot (not boiling), take off the heat. Soften the gelatin in cold water and squeeze out the liquid. Blend into the cream with the orange zest. Pour the mix into four dessert molds and refrigerate for at least two hours.

### The blueberry compote ...

Blend the two preserves with the orange juice until smooth. Add the blueberries and fold them in carefully. Drizzle the compote over the panna cotta. Garnish with mint leaves.

