

Greek Yogurt Panna Cotta, Vanilla, Orange Compote

Portion Size: 1 ½ cup

Yield: 9

Ingredients:

Water	¼ cup
Orange Juice, fresh	¼ cup
Sugar	¼ cup
Pure Vanilla Extract	¼ tsp
Star Anise	1 each
Orange Zest	½ tsp
Orange Segments	1-1/2 cup
Unflavored Gelatin	5 tsp
Whole Milk	2-1/2 cups
Honey	¼ cup
Fat Free Vanilla Greek Yogurt	4 cups

Preparation:

1. Combine water, orange juice, sugar, vanilla, star anise, and orange zest in saucepan. Bring to a boil..
2. Dice oranges and add to pot. Cook, covered, until tender; about 15 minutes. Remove star anise.
3. Whisk gelatin into ½ cup of milk. Allow mixture to sit at room temp for 10 minutes.
4. Combine honey and remaining milk in a pot. Bring up to a light simmer.
5. Whisk yogurt and milk/gelatin mixture into hot milk/honey mix. Portion ¾ cup of yogurt mixture into individual cups. Cover cups with plastic wrap and allow panna cotta to set in the refrigerator for 2 hours or until firm and chilled.
6. Once set, top each panna cotta with 2 tbsp. of orange vanilla compote.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
190	13	31	1	30	2	1	70



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