

Greek Yogurt Panna Cotta (Italy-Inspired)

Prep Time: 10 min + 2 hr chilling

Ingredients (serves 4):

- 1 cup Greek yogurt
- 1/2 cup milk (dairy or non-dairy)
- 1 tbsp gelatin
- 2 tbsp honey or stevia
- 1 tsp vanilla extract

Procedure:

1. Bloom gelatin in warm milk.
2. Stir in yogurt, honey, and vanilla.
3. Pour into molds and chill until set.

Nutrition: ~110 kcal • Protein 9 g • Fat 3 g • Carbs 12 g

Benefits:

- Light, creamy dessert alternative
- Gut-friendly and rich in calcium