

## Vanilla pannacotta with strawberry salsa from [GI News](#)

If you have a sweet tooth, you'll enjoy the light and healthy sweet endings Foodwatch's Catherine Saxelby and Woman's Day Food Director Jennene Plummer have created in their *Zest* cookbook. Jennene says: 'If you don't use gelatine very often in your cooking, remember to let it cool to the same temperature as the yoghurt mix. This minimises the risk of lumps forming and ensures you achieve that desirable creamy smoothness.' Serves 6

2 x 200g (7oz) tubs no-fat vanilla yoghurt  
2 tbsp honey (or to taste)  
1/2 teaspoon vanilla paste or pure vanilla extract  
3 tsp gelatine  
1/4 cup (60ml) just boiled water

### Strawberry salsa

250g/9oz (1 punnet) strawberries, hulled and chopped  
1 tbsp icing sugar  
1 tbsp Grand Marnier or orange juice



**Chill** six 80ml (1/3 cup) moulds. Combine the yoghurt, honey and vanilla in a large mixing bowl. **Dissolve** the gelatine by whisking vigorously in hot water in a small jug. Allow to cool slightly.

**Beat** a little of the yoghurt mixture into the gelatine to equalise the temperature, then whisk this back into the yoghurt mixture until well combined. Pour into the prepared moulds and chill until almost set. Cover with plastic wrap and chill overnight.

**Combine** the strawberries, icing sugar and Grand Marnier (or orange juice) in a mixing bowl and toss together gently to make the salsa. Cover and chill until required.

**Unmould** the pannacottas by carefully running a blunt knife around the rim of each mould and then dipping them into hot water for a few seconds. Invert onto serving plates and shake firmly. Carefully lift away the moulds. Serve the pannacottas with a spoonful of strawberry salsa.

### *Per serve*

Energy: 435kJ/104cals; Protein 6g; Negligible fat; Available carbohydrate 17g; Fibre 1g

**Zest** is available from Catherine's website, [Foodwatch](#). Go to GI News for more low GI recipes <http://ginews.blogspot.com>