

PUMPKIN PANNA COTTA

Yield: 4 Servings



TOTAL TIME: 4 hours 15 minutes

INGREDIENTS

FOR THE PUMPKIN PANNA COTTA:

- $\frac{3}{4}$ cup fat free evaporated milk
- 1 tsp. gelatin
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{2}$ cup plus 2 Tbsp. canned pumpkin puree
- 6 Tbsp. nonfat plain Greek yogurt
- 1 tsp. pumpkin pie spice
- $\frac{1}{2}$ tsp. vanilla extract

FOR THE SAUCE:

- $\frac{1}{4}$ cup red currant jelly
- 2 Tbsp. cranberry juice cocktail

PREPARATION

1. Place the evaporated milk in a small saucepan and sprinkle the gelatin over the milk. Let stand 5 min. to soften the gelatin.
2. Add the brown sugar and cook, stirring constantly, over low heat until the mixture is completely dissolved, without letting it come to a boil.
3. Whisk in the pumpkin, yogurt, pumpkin pie spice and vanilla until well blended and smooth.
4. Divide the mixture evenly among 4 ($\frac{3}{4}$ -cup) custard cups or small molds. Loosely cover with plastic wrap and chill 4 hours or up to overnight.
5. To make the sauce, heat the jelly and juice in a small saucepan just until melted and smooth. Add more juice if necessary to achieve desired consistency. Remove from heat and cool to room temperature.
6. To serve, cut around the edges of each panna cotta to loosen from the cup/mold. Set each cup in a shallow bowl of hot water for 10 seconds, then immediately invert each onto a plate. Spoon the sauce over and around each panna cotta and enjoy.

NUTRITION

Per serving: Calories: 170; Fat: 0.3 g (0 g saturated fat); Cholesterol: 52 mg; Carbohydrates: 15 g; Fiber: 3 g; Protein: 25 g; Sodium: 299 mg.

Recipe courtesy of Simple Nourished Living