Pannacotta Nest

- 43g Coconut Milk, Natco tinned
- 48g Double cream, Morrisons
- 1g Gelatine leaf, Dr. Oetker Select Premium Grade
- 44g Buttermilk

Put the Gelatine leaf in a little cold water while you prepare the Pannacotta.

Bring to cream & coconut milk to the boil.

Remove from heat add the gelatin leaf, buttermilk & 3-4 drops of vanilla extract

Whisk. Put into a mould or serving dish

Chill for 2 hours

Turn out and dust with a little sprinkle of cocoa powder

Mo’s Tip: It is easier to use leaf gelatin and you need 1/3 of a sheet. No more or the pannacotta will be too firm. Try to buy traditional buttermilk if you can as it is usually naturally sweeter.

All our recipes are tried and tested to ‘Little Matty’s’ prescription. Little Matty is a fictitious character and all of his recipes will need to be adapted to EACH INDIVIDUALS prescription. Please take these recipes to your dietitian and he/she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION