

# Yoghurt Panacotta with Strawberry Swirl

Traffic light category: **Amber**

Serves: 8



## Ingredients

- 2 punnets (500g) of strawberries
- 3.5 leaves titanium strength gelatine
- 1 kg reduced fat natural yoghurt
- 1 tablespoon honey

## Method

1. Wash and hull strawberries
2. Puree half the strawberries in a blender or food processor, set aside
3. Dice other half of strawberries, mix with honey, set aside
4. In a small bowl soften gelatine with a little cold water for a few minutes, squeeze out any excess water, place bowl in microwave for a few minutes, heat gently until dissolved
5. Quickly stir the liquid gelatine into the yoghurt
6. In a plastic cup smear a quarter of the strawberry puree around the sides and bottom of the cup. Carefully pour the yoghurt in without disturbing the puree
7. Carefully pour the remaining puree into the top of the yoghurt, stir gently to form a swirl, set aside in the fridge overnight
8. To serve top with diced strawberries.


## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	462kJ	238kJ
Protein	11.4g	5.8g
Total fat	0.5g	0.2g
Saturated fat	0.2g	0.1g
Carbohydrate	12.7g	6.5g
Sugars	12.7g	6.5g
Dietary fibre	1.5g	0.8g
Sodium	118mg	60mg



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☎ 9264 4999

✉ [wasca@education.wa.edu.au](mailto:wasca@education.wa.edu.au)  /wascainc

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