

Oliveto's Nut Milk Panna Cotta

Makes 8 servings (1/2-cup each)

**3 cups unsweetened almond milk,
hazelnut milk or equal parts
whole milk and buttermilk**

1 cup heavy cream

1/2 cup sugar

**1 tablespoon unflavored gelatin
(about 1 1/2 packages, 1/4-ounce
each)**

Pinch of kosher salt

Fresh berries for garnish, if desired

Instructions: In a medium saucepan, heat 2 cups of the milk, cream and sugar until it simmers, stirring often.

Meanwhile, put the remaining 1 cup milk in a microwave-safe dish. Sprinkle gelatin over milk and let sit at least 5 minutes to bloom and absorb the liquid, stirring if any dry spots remain. Microwave the gelatin mixture until hot,

about 20 seconds.

When the milk mixture in the pot is very hot, pour in the gelatin mixture, stirring to combine. Stir in salt. Transfer the mixture to a medium-size metal bowl.

Put the bowl in another bowl filled with ice water. Chill, stirring frequently, until cool to the touch; this prevents a skin from forming on the mixture.

Ladle the mixture into decorative glass dishes or serving bowls. Cover with plastic wrap, and refrigerate until set, at least 4 hours but preferably overnight.

Serve chilled, garnished with berries, if desired.

Per serving: 201 calories, 4 g protein, 18 g carbohydrates, 13 g fat (8 g saturated), 49 mg cholesterol, 84 mg sodium, 0 g fiber.