

Almond, Mango and Peach Panna Cotta with summer berries and toasted almonds

Hard to believe how luscious and sweet this dish is without any added sugar, cream, gluten or other dairy products. Serves eight. Picture is for decoration only. The real thing looks much better!!

Ingredients:

500 ml	almond milk
415 gm	sliced peaches
415 gm	sliced mangoes
14 gm	gelatine
1 t	vanilla essence
250 gm	summer berries (frozen)
60 gm	whole almonds, toasted

Directions:

Heat almond milk until just boiling, add gelatine and stir thoroughly, leave aside. Drain peaches and mangoes, keep the mango juice, discard peach juice. Blend fruit to a puree, add the vanilla. The almond milk may have cooled down a little, stir a little longer, we don't want little gelatine lumps. Add to the fruit puree, checking for any lumps. Pour into eight greased dariole moulds. Allow to set.

Mix the mango juice we kept from earlier with the berries, add a little balsamic vinegar or rice wine vinegar to taste. You will want it to be a little punchy, remember no sugar for fragrance.

Pop the panna cotta onto a plate, top with some berries and almonds.

