Fitness Dessert Recipe: Vanilla Protein Panna Cotta with Fresh Berries

Nutrition Facts

Amount Per Serving

Calories	99 kcal
Protein	12.7g
Carbohydrate	2.8g
Fat	4g
Dietary Fiber	1g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 100ml Almond milk (unsweetened)
- 40ml Cream
- 60g Whey Protein Vanilla
- Bourbon Vanilla
- 1 Gelatin sheet
- 50g Blueberries
- 50g Strawberries

Preparation:

Put almond milk, cream and Whey Protein into a pot and mix it with an egg whisk. Add a bit of Bourbon Vanilla. Simmer it under constant stirring for about 10 minutes. Meanwhile soften 1 leaf of gelatine in a glas of cold water. After 10 minutes add the gelatine leaf to the pot and mix it. Fill the liquid Protein Panna Cotta into 4 small cups and put it into the fridge for about 2-3 hours (until it has a hard consistency). Afterwards turn the Panna Cottas out onto plates and serve them with fresh blueberries and strawberries.

One Protein Panna Cotta contains only 99 calories and 12.7g of protein.
Enjoy this fitness dessert and stay fit!

Check out our Calorie Calculator to get to know your daily calorie intake to gain muscle or lose fat.

Product recommendation for this Fitness Dessert Recipe: