

Coconut Mango Panna Cotta

Panna Cotta Coco-Mangue

15 min

Medium

240 kcal per serving

Snack

Vegan

Gluten-Free



Ingredients

FOR ONE SERVING

Coconut cream (<i>Crème de coco</i>)	200 ml
Mango (<i>Mangue</i>)	1 whole
Agar agar (<i>Agar agar</i>)	2 g
Maple syrup (<i>Sirop d'érable</i>)	2 tbsp
Vanilla extract (<i>Extrait de vanille</i>)	1 tsp

Nutrition facts

PER SERVING

Calories	240
Protein	3 g
Carbohydrates	32 g
Fat	12 g
Fiber	2 g

Preparation

- 1 Peel the mango, cut the flesh into pieces, then blend it until smooth.
- 2 Pour the coconut cream into a small saucepan and add the maple syrup, vanilla extract, and agar agar.
- 3 Set the pan over medium heat and whisk constantly until the mixture comes to a gentle boil.
- 4 Keep it bubbling for 1 minute while stirring, then remove from the heat.
- 5 Let the mixture cool for a few minutes, then whisk in the mango puree.
- 6 Pour the mixture into small cups or ramekins and let it cool at room temperature.
- 7 Refrigerate until set, at least 2 hours, then serve chilled.

GOOD TO KNOW

Whisk the agar agar well while heating so the panna cotta sets smoothly.