

Blackcurrant Tea and Yoghurt Pannacotta

For 4:

2 teabags of blackcurrant tea

1 teabag of earl grey tea

2-3 tbsps. of blackcurrant cordial (real cordial, not a squash)

100 ml low fat milk

37.5g Stevia Sweetener Sugar Substitute (or 75g of Caster Sugar)

1 tsp Vanilla Paste (or 1 vanilla pod split, and seeds removed)

3 leaves of gelatine

300g Low fat Greek Yoghurt

Seasonal Berries

Method

1

Place the blueberry tea and earl grey in a cup and then pour 100ml of boiling water over the top. Leave to brew until strong

2

Place the milk and sweetener into a pan. Add 1tsp of vanilla paste or Split the vanilla pod and scrape the seeds into the pan, then throw in the pod as well. Heat gently until the sugar is dissolved

3

In a bowl take the 3 gelatine leaves, soaked in cold water until soft. Squeeze the gelatine leaves to remove excess water then add to the milk mixture, stirring until dissolved. Remove from the heat and allow to cool until you can touch it with your hand.

4

Strain the blackcurrant tea into the milk, stir and leave to cool for 10 minutes. This may split the mixture, but it will be fine once it is whisked into the yoghurt

5

Pour the yoghurt into a bowl and stir to loosen. Remove the vanilla pod from the milk if using, then pour the milk over the yoghurt. Gently whisk until combined, add the 2-3 tbsp of cordial, and test taste. Add some more cold tea or cordial if needed but not too much or it wont set

6

Divide the mixture between 4- 6 teacups or glasses, then place in the fridge to set for at least 2 hours (or overnight), decorate with the berries once set.

To set on an angle use a muffin tray with a tea towel lightly pushed into it. Place the glasses at an angle on the muffin tray and fill the glasses.