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# Panna Cotta With Blueberry-Ginger Sauce

- 1 lime
- 1 envelope unflavored gelatin
- 2 cups cold milk
- $\frac{2}{3}$  cup plus 2 Tbsp. sugar
- Pinch of salt
- 1 cup plain low-fat yogurt
- 1 pkg. (6 oz.) fresh blueberries
- 2 Tbsp. water
- $\frac{1}{2}$  tsp. ground ginger



1. With a vegetable peeler, remove the lime zest in long strips. Squeeze lime to get 2 teaspoons juice. In bowl, sprinkle gelatin over  $\frac{1}{2}$  cup milk.
2. In small saucepan, combine remaining  $1\frac{1}{2}$  cups milk,  $\frac{2}{3}$  cup sugar, lime zest and salt. Bring to a gentle simmer. Remove from heat, cover, and steep 10 minutes. Add gelatin mixture and stir over low heat until dissolved.
3. Strain into bowl; discard zest. Let cool 10 minutes. Stir in yogurt. Pour into six 8-ounce ramekins. Refrigerate until set, at least 4 hours.
4. Meanwhile, in small saucepan, combine blueberries, remaining 2 tablespoons sugar, water and ginger. Bring to simmer and cook about 5 minutes. Remove from heat; stir in lime juice.
5. Invert and top with berry sauce.

Makes 6 servings

Per serving: 198 calories, 3.4 g fat, 37 g carbohydrates (0.7 g fiber), 6 g protein, 87 mg sodium