

## **“Eyeball” Panna Cotta©**

Makes 6 “eyeballs”

### **Ingredients:**

1 T gelatin, plain  
1/3 cup water, cool  
1 – 13.5 oz can coconut milk, unsweetened  
1/4 cup powdered cane sugar  
1 pinch sea salt  
3/4 tsp almond extract  
3 cups strawberries, fresh OR frozen and thawed  
Decorations: kiwi, blueberries, red cake decorating dye, kale

### **Directions:**

1. In a small mixing bowl, stir gelatin and water together. Allow to rest for 5 – 10 minutes.
2. Add coconut milk, powdered sugar and salt to a saucepan. Over medium low heat, bring to a simmer. Remove from heat.
3. Pour hot mixture into mixing bowl with the softened gelatin. Whisk together until smooth and completely incorporated. Stir in almond extract.
4. Pour into 6 small bowls or dessert glasses. Cover with plastic wrap. Refrigerate at least 4 hours or overnight.
5. Add berries to a blender, puree until smooth. (Optional: add 1 or 2 T powdered sugar if additional sweetness is desired.)

### **Assembly:**

1. Pour strawberry puree onto serving platter.
2. Release the panna cottas using a small rubber spatula. Place each on top of the puree.
3. Place one slice of kiwi in the middle of the panna cotta. Place half of a blueberry in the middle.
4. Dip a toothpick into the red food coloring and draw “blood vessel” lines.

**Nutritional facts per serving:** calories 169kcal; total fat 13.8g; saturated fat 12.1g; cholesterol 0mg; sodium 37mg; total carbohydrates 11g; dietary fiber 1g; sugars 8g; protein 3g; vitamin A 0%; calcium 2%; vitamin C 72%; iron 13%

**Eye health benefits:** lauric acid, vitamin C, folate, niacin (vitamin B3), pantothenic acid (vitamin B5), vitamin B6