

## Vanilla Ginger Panna Cotta

### Ingredients

- 1 cup organic fat free milk + ¼ cup for blooming gelatin
- 1 cup organic light sour cream
- ½ cup organic sugar
- 1 tablespoons Vanilla Bean Balsamic Vinegar
- 6 slices peeled fresh ginger
- 1 strip lemon zest
- 1 packet (2-1/2 teaspoons) gelatin
- 1 cup Greek nonfat yogurt

### Garnish:

- Chopped crystallized ginger
- Mint sprigs

### Preparation

Combine milk, sour cream and sugar in a heavy saucepan and heat over medium heat. Add Vanilla bean balsamic, ginger, and lemon zest. Bring to a simmer. Cover and remove from the heat. Let it steep 15 to 20 minutes.

Whisk together ¼ cup milk and gelatin. Stir and set it aside 5 minute to bloom. Add this to the pot and whisk to dissolve thoroughly.

Spray 8 small ramekins or wine glasses or plastic shorty drink glasses with cooking spray. Strain mixture and discard ginger and lemon zest. Divide mixture among the containers. Cover with plastic and refrigerate 8 hours to firm up.

To serve, invert onto a plate. Garnish with a sprinkling of crystallized ginger, and mint.

*Makes 8 servings Can be made ahead up to a week. So convenient.*