

Raspberry Panna Cotta



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Preparation time: 20 minutes

Chilling time: 2-3 hours

Makes: 2 portions

Ingredients

125ml Renastep™ (1 bottle)
125ml double cream

4 x raspberry flavour jelly cubes
50ml boiling water

Method

1. Pour the double cream into a glass mixing bowl and whisk until soft peaks are formed.
2. Fold in the Renastep and leave the mixture to chill in the fridge for 5 minutes.
3. Dissolve the jelly in boiling water. Leave to cool until almost set.
4. Combine the jelly and double cream/Renastep mixture using a spoon and pour into two moulds.
5. Leave in the fridge for 2-3 hours to set.

Dessert

Nutritional Information

Nutrient		per portion	per 100g
Calories	kcal	492	224
Protein	g	4.6	2.1
Sodium	mg/mmol	71 / 3.0	32 / 1.4
Potassium	mg/mmol	67 / 1.7	31 / 0.8
Phosphorus	mg/mmol	55 / 1.8	25 / 0.8
Calcium	mg/mmol	67 / 1.7	30 / 0.8

Dietitian's notes



Renastep is a Food for Special Medical Purposes and must be used under medical supervision. Renastep is a ready to use feed for the dietary management of kidney disease from 3 years of age onwards. Renastep contains **milk** and **fish**. Refer to labels for allergen and other product information.

This recipe has been specifically designed for the dietary management of kidney disease.



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