Coconut matcha panna cotta

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These panna cotta look absolutely gorgeous and are easy to make – they also taste spectacular which will instantly make them one of your favourite desserts especially if you are already partial to green tea ice-cream.

SERVES 6

Matcha is one of the richest tea sources of catechins – polyphenols that are of current research interest for their potential health benefits, including possible cardiovascular advantages. Matcha also contains L-theanine, an amino acid, which has been found to improve alertness and mood.

Ingredients

- 300 g (300 ml) milk
- 2¼ tsp gelatine powder
- 300 g coconut yoghurt
- 2 tsp matcha powder, plus extra to serve
- 2 tbsp pure maple syrup
- 1 tsp natural vanilla extract
- Black and white sesame seeds, to serve (optional)

Lightly grease 6 moulds* (125-millilitre capacity). Set aside.

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Place milk into a saucepan and cook over a low heat, stirring occasionally, for about 6 to 8 minutes or until just heated through but not simmering (do not allow to boil). Remove from heat and sprinkle over gelatine. Whisk until gelatine dissolves, then set aside for 10 minutes to cool.

Place yoghurt, matcha powder, maple syrup and vanilla into a large bowl and stir to combine. Slowly strain milk mixture through a fine sieve into yoghurt mixture and stir until well combined. Strain mixture into a large jug then pour into prepared moulds.

Place in fridge for a minimum of 3 hours, or overnight, until set.

Run a small knife or spatula around moulds and turn out panna cottas onto plates. Garnish with sesame seeds (optional) and extra matcha powder to serve.

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