



## Mango Panna Cotta

**Preparation time:** 15 minutes

**Cooking time:** 15 minutes

**Serving size:** 8

### Ingredients

¼ cup cold water  
4 teaspoons unflavoured gelatine granules  
3 large ripe mangoes  
1 can reduced-fat unsweetened coconut milk  
50 g granulated sugar  
½ teaspoon vanilla extract

### Method

1. Pour the cold water into a small dish and sprinkle the gelatine over the top. Let the gelatine sit for 5 minutes to soften.
2. Slice the mangoes in half, remove the pip, scoop out the flesh and place in a food processor or blender. Process the mango to a smooth purée then transfer to a bowl.
3. Place the coconut milk in a saucepan. Add the sugar and cook on medium heat until hot.
4. Place the dish of softened gelatine in the microwave and heat for 10 seconds just until syrupy.
5. Whisk the gelatine into the hot coconut milk. Remove the saucepan from the heat.
6. Pour the coconut milk into the mango purée and mix well.
7. Mix in the vanilla extract.
8. Cover the panna cotta with plastic wrap.
9. Transfer to the fridge and allow to set, about 3 hours.



## Blueberry Cheesecake Mousse

**Serves:** 12

**Preparation time:** 35 minutes, plus refrigeration time of 4 hours

**Cooking time:** 15 minutes

### Ingredients

250 g blueberries, fresh or frozen  
50 g granulated sugar  
2 tablespoons cornstarch  
200 g unsalted cashews, soaked  
300 g low-fat smooth cottage cheese  
¼ cup low-fat plain yoghurt  
¼ cup apple sauce  
1 tablespoon vanilla extract  
Fresh seasonal berries for serving

### Method

1. Add the blueberries and sugar to a saucepan and bring to a simmer on medium heat. Add the cornstarch to a small bowl with 4 tablespoons of water and whisk well to form a paste.
2. Add the paste to the blueberry mixture in the pan and whisk well. Allow the blueberries to cook down to a jam-like consistency, about 12 to 15 minutes. Make sure you stir or whisk the mixture often to prevent it from burning.
3. Once cooked, remove from the heat and allow to cool to room temperature, about 15 to 20 minutes.
4. In a high-speed blender, blend the blueberry mixture with the soaked cashews, cottage cheese, yoghurt, apple sauce and vanilla for a few minutes, until smooth and creamy.



## Litchi, Coconut and Pineapple Frozen Sticks

**Preparation time:** 15 minutes

**Cooking time:** 15 minutes

**Serving size:** 8

### Ingredients

1 Pineapple  
10 Litchis  
400 ml Coconut milk,  
reduced fat  
2 tablespoon Maple syrup

### Method

1. Place half the pineapple, coconut milk and maple syrup into a food processor and blend until smooth. This will take around 5 to 8 minutes.
2. Pour the mixture into lolly trays and pop in a lolly stick. Place litchi and pineapple pieces into the lolly tray making sure the stick is centred.
3. Pop into the freezer and allow to set for 5 to 6 hours.
4. Remove from the freezer and serve while frozen. Enjoy!