

Juice It Up

Ring in the Year of the Tiger with this fruity dessert.

Panna cotta
with tangerine

MAKES
6

Follow these steps

1. Pour milk into a saucepan. Sprinkle gelatin over the top and let soften for 5 minutes.



2. Turn heat on low and stir for 1 or 2 minutes until gelatin dissolves. Add sugar and stir again until dissolved.



TIP! The milk should be gently warmed to let the gelatin melt but not so hot that it bubbles, or the panna cotta will not set properly.

3. Transfer to a bowl. Gradually whisk in buttermilk, yoghurt and vanilla extract until smooth.



4. Pour mixture evenly into six small jars or bowls. Cover with plastic wrap and allow to set in refrigerator for at least 4 hours or overnight.



5. In a saucepan, combine tangerines and honey. Bring to a boil, then reduce heat and let simmer, stirring occasionally, until the mixture thickens to a syrup.



6. Let tangerine compote cool before spooning it on top of chilled panna cotta.



Kitchen Experiments

Cooking is **science in action**. What happens when you put gelatin in warmed milk? Why does the liquid mixture turn solid after sitting in the fridge for hours? Exploring these questions introduces your child to science concepts such as heat energy and states of matter in a **fun and accessible** way.



→ WHAT YOU'LL NEED

- 1 cup low-fat milk
- 3 tsp unflavoured powdered gelatin
- ¼ cup sugar
- 1 cup low-fat buttermilk
- 1½ cups low-fat plain Greek yoghurt
- 1 tsp vanilla extract
- 5 tangerines, peeled and chopped
- 2 tbsps honey



Low-fat milk



Unflavoured powdered gelatin



Sugar



Low-fat buttermilk



Low-fat plain Greek yoghurt



Vanilla extract



Tangerines



Honey

Beyond The C

➤ **Apart from vitamin C, citrus fruits** like tangerines and oranges are packed with other nutrients and minerals to promote overall well-being. These include potassium, choline and folate, which help maintain a healthy heart, and carotenoids to keep our vision sharp.

Find out more at www.healthhub.sg/live-healthy/1385/the-wonder-orange.