

Strawberry Paleo Panna Cotta with Healing Gelatin adapted from Grass Fed Girl

4-6 servings

1 15 oz [can full fat coconut milk](#)
1 lb organic fresh strawberries (frozen is fine, defrost before using)
¼ tsp vanilla
1 Tb lemon juice
2 Tb [grass fed gelatin](#)
2 Tb raw honey + stevia to taste
coconut oil for greasing the container

- Pour half the coconut milk into a small bowl add gelatin and mix to dissolve. Let sit for a few minutes.
- Heat up the rest of the coconut milk on low.
- When the coconut milk is hot, pour in the gelatin and sweetener. Whisk until completely dissolved. Don't let it boil
- Rinse and chop the strawberries and put into a blender
- Pour the coconut milk mixture into the blender over the strawberries, add the lemon juice and vanilla.
- Blend until smooth. Taste to adjust sweetness.
- Pour into a bowl or individual ramekins greased with coconut oil for easy release
- Let chill for 1 hour in the refrigerator or 30 minutes in the freezer
- Once set put the bowl into a tray of hot water for 2-3 minutes for easy release
- Turn the Panna Cotta out on to a serving plate
- Served with a few fresh berries on top or coconut whipped cream.