Strawberry Panna Cotta Recipe

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A creamy, protein-packed dessert that supports gut health, muscle maintenance, and delivers antioxidant-rich sweetness.

Everyone has their go-to June strawberry recipe. Here’s one to add to the list. This protein-rich panna cotta delivers indulgence *and* supports your health goals. Anchored by Greek yogurt, buttermilk, and fresh strawberries, each ingredient brings a nutritional edge to the table, without sacrificing the creamy, dreamy texture you expect from this classic Italian treat.

Greek yogurt is a standout for its high protein content, which supports muscle maintenance, satiety, and metabolic health. It’s also rich in probiotics that can benefit gut health—a cornerstone of overall well-being.

Buttermilk adds a subtle tang and additional protein, along with calcium, potassium, and vitamin B12. The live cultures found in buttermilk may also support digestive function.

Strawberries bring natural sweetness, fiber, and a potent dose of longevity-boosting flavonoids and antioxidants like vitamin C and anthocyanins, which support immune health, skin vitality, and help combat oxidative stress.

The result? A dessert that satisfies your sweet tooth while quietly supporting your body’s core systems: protein synthesis, metabolic health, digestion, and immune resilience.

Protein-Rich Strawberry Panna Cotta Recipe

Ingredients:

- 1 cup Greek yogurt
- 1 1/2 teaspoons unflavored gelatin
- 1 tablespoon water
- 1 cup organic milk
- 1/3 cup sugar
- 1 vanilla bean
- 1 cup low-fat buttermilk
- 1 cup sliced strawberries
- Local honey for drizzling (optional)

Instructions:

1. In a small bowl, sprinkle the gelatin over the water and let it stand to soften for about 5 minutes.
2. In a small saucepan, combine the milk and sugar. Slit the vanilla bean lengthwise and scrape the seeds into the milk mixture. Heat gently, bringing to a simmer while stirring until the sugar fully dissolves (about 1 minute). Remove from heat and stir in the softened gelatin until completely dissolved.
3. In a separate bowl, whisk together the buttermilk and Greek yogurt until smooth. Gradually whisk in the warm milk mixture.
4. Pour the mixture into four 6-ounce ramekins or small cups. Refrigerate for at least 3 hours, or until set.

5 Serve chilled, topped with sliced strawberries and a drizzle of local honey if desired.

Nutrition per serving: 200 calories, 14g protein, 20g carbs (12g sugar), 6g fat, plus calcium, probiotics, and antioxidants.

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