

Vanilla Crème Terrine

Serves 4-6

Sweet by Nurture

Adapted from Delia Smith

Ingredients:

½ tablespoon unflavored gelatin powder

8 oz. half & half

8 oz. plain whole milk plain yogurt

1 teaspoon vanilla extract

¼ cup of granulated sugar

1 ½ cups of berries (blueberries, strawberries, raspberries)

4 mint leaves cut into ribbons

¼ cup of apricot preserves

Directions:

Put the gelatin in a small bowl, add ¼ cup of the cream; mix to combine. Set aside for about 10 minutes to bloom. Next combine sugar with the rest of the cream in a small saucepan and simmer on low heat until the sugar dissolves. When the cream starts bubbling along the edge of the pan pull it off the heat and add the gelatin mixture and the vanilla. Whisk to a smooth consistency. Now fold in the yogurt until it is completely combined. Using a spatula, scoop the mixture into a container of your choice (*see above) and chill in the fridge for at least two hours.