Bianco Mangiare with Chocolate Orange Zest

Ingredients
• Peeled whole almonds 30g
• Low fat milk 200ml
• Brown sugar 60g
• Water to make almond milk 200g
• Gelatin, soaked in water 8g
• Orange zest, candied 1 tbsp
• Cocoa powder 2 tsp

Tips:
• Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of oil and seasonings used in cooking.
• Milk and dairy products provide calcium which is essential for healthy bone growth and development.
• Nuts are a rich source of unsaturated fat, especially omega-3 fatty acids, which benefit heart health.

Method
• Blend almonds with water for 4 minutes until a milk-like texture is obtained.
• Set aside in fridge for 1 hour and then drain and keep liquid.
• Bring reserved liquid to a boil and add milk, cocoa and sugar.
• Squeeze water out of gelatin and add to mixture.
• Add orange zest and pour mixture into 4 pudding molds.
• Keep in fridge for 3 hours until it sets. Serve.

Nutrition Information (Per Serving):
Energy (1kcal = 4.2kJ) 143kcal
Protein 5.4g
Total fat (g and % of total calories) 5g (29.9%)
Saturated fat 0.7g
Cholesterol 2mg
Carbohydrate 20.6g
Dietary Fibre 1.2g
Sodium 40mg