Light Yogurt Pudding

NIBBLEDISH CONTRIBUTOR

Ingredients

500 gr. fat-free yogurt, plain or any flavor you like, I've used a strawberry flavored soy yogurt
2 unflavored gelatin leafs
2 tbsp granulated sugar (optional)

Instructions

Pour the gelatin leafs into a cold water for 3-4 minutes.
Meanwhile combine the yogurt with the sugar into a medium saucepan and heat over medium heat about a minute, stirring to dissolve the sugar. Squeeze the softened gelatin leafs from the water and dissolve into a small saucepan with 2 tbsp of water over low heat. Remove from the heat and add to the yogurt mixture, stir well. Divide the mixture into individual silicon pudding cups and pour into the refrigerator. Chill at least 4 hours or overnight.
Turn onto a serving dishes and serve with a whipping cream or melted chocolate.