



Coconut Milk Whipped Cream

Prep Time: 15 minutes + 24 hours refrigeration time

Cook Time: 0 minutes Total Time: 15 minutes

Servings: Makes 2 cups or 8 servings

Serving Size: ¼ cup

Ingredients:

2 (13.5-ounce) cans full fat coconut milk, refrigerated at least 24 hours
2 teaspoons honey (optional)

Directions:

1. Place a glass or metal bowl and beaters in the freezer to chill for at least 30 minutes.
2. Remove the coconut milk from the fridge – be careful to not shake the cans! The cold temperature has allowed the cream to separate from the water and that is how we want to keep it.
3. Scoop off the cream that has risen to the top and place it in the chilled bowl. You can save the thinner coconut water for shakes or just drink it plain.
4. Beat the cream on high until peaks form.
5. If desired, drizzle in honey with the beaters running and mix until incorporated.

NOTE: I find that most recipes I use this cream with do not need any more sweetness to them, so I would advise not adding the honey in most cases. I do however like to add a bit of honey when I have this cream plain with fresh berries.

Tips and Tricks:

This is an amazing dairy free and processed sugar free substitute for Ready Whip topping. It makes an excellent topping for pies and fruit crisps. I also LOVE like to eat this by itself with fresh berries as a light dessert.

Nutritional Information Per Serving:

Calories: 100
Fat: 12.5 g
Cholesterol: 0.0 mg
Sodium: 0.0 mg
Total Carbohydrate: 4.0 g
Dietary Fiber: 0.0 g
Sugars: 0.0 g
Protein: 1.3 g