



2 best Whipping Cream Recipes

Diary and non-dairy



INGREDIENTS

- Either 1 cup VERY COLD Heavy Whipping Cream OR USE canned Coconut milk chilled in refrigerator for 24 hours. (*We like "The Taste of Tai" brand coconut milk*).
- 2 tablespoons powdered Monk fruit confectioners' sugar, or powdered Erythritol or powdered Swerve, or a few drops liquid stevia.
- 1/2 teaspoon Vanilla extract or use Almond extract. (*Each has a distinct flavor so experiment with both and see which you like.*)

DIRECTIONS

1. If using non-dairy Canned Coconut Milk it must have been chilled in the refrigerator for 24-hours to separate the liquid from the heavy cream. Measure out 1 cup of the heavy cream.
2. Put the dairy cream or coconut milk into a **well-chilled bowl**.
3. Add the sweetener and vanilla or almond extract.
4. Using an electric hand mixer on low, or a wire hand whisk, beat the cream to the desired consistency. For soft peaks, the cream will be just thick enough to hold its shape in soft billows. For stiffly beaten cream, the cream will stand in firm peaks when the beaters are lifted.
5. The cream can be whipped up to 1 day ahead, covered tightly with plastic wrap, and refrigerated. If liquid separates from the cream, whip it again to incorporate the liquid.