



Whipped Coconut Cream

Active Time: 15 minutes | **Total Time:** 4 hours | **Serves:** 16

Nutrition Information Per Serving

23.4 calories, 0.38 g carbohydrate, 0 g fiber, 0.38 g NET carbs, 0.19 g protein, 2.63 g fat

Ingredients

- 15 Tbsp(s) Aroy D Coconut Milk
- 20 drop(s) SweetLeaf SteviaClear Liquid Stevia

Preparation

1. Chill coconut milk in refrigerator for at least 4 hours.
2. Prepare your stand up mixer with the whisk attachment.
3. Remove chilled coconut milk from refrigerator, but do NOT shake. Open coconut milk using a can opener and carefully scoop the top, thick layer of coconut cream off (discard remaining coconut liquid/water).
4. Place cream in chilled bowl. Beat the coconut cream on high speed for 2-3 minutes or until fluffy peaks form.
5. Add stevia drops while mixers are going to incorporate.

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