

Coconut Whipped Cream

1. Refrigerate 1 can of organic coconut milk overnight.
2. Open the can and scoop the hardened cream on top and transfer to mixing bowl.
3. Whip cream (like you would regular cream) with 1 tsp vanilla and $\frac{1}{4}$ c. maple syrup or $\frac{1}{4}$ c. confectioner's sugar (if you want it whiter). It takes a little practice to know how long to whip the coconut cream. It doesn't get as fluffy as the regular cream but may double in amount depending on the brand of coconut milk.
4. Use immediately or refrigerate for up to a week
5. Makes about $\frac{3}{4}$ cup of whipped cream.

TIP: To make apple cream – add about $\frac{1}{3}$ c. of unsweetened organic apple sauce + $\frac{3}{4}$ tsp cinnamon and $\frac{1}{4}$ tsp nutmeg.

To make strawberry cream - add 1 tbsp of organic strawberry preserves and omit the maple syrup and vanilla.

To make orange cream – add 1 tbsp of organic orange marmalade and omit the maple syrup and vanilla.