

# Coconut Whipped Cream



Recipe makes: 12 servings

Prep time: 5 minutes

## Ingredients

14-ounce can coconut milk,  
unsweetened, chilled overnight

1/4 cup powdered sugar

1 tsp vanilla extract

## Directions

- 1 Chill a large mixing bowl for 10 minutes before whipping the coconut milk.
- 2 Remove coconut milk from the refrigerator; scrape out the thickened cream leaving the liquid behind.
- 3 Place hardened cream in the chilled mixing bowl. Beat for 30 seconds with a mixer until creamy.
- 4 Add powdered sugar and vanilla, mixing until creamy.
- 5 Use immediately or refrigerate – the whipped cream will set in the refrigerator.

### Nutrition Info Per Serving (2 tablespoons):

Calories: 60 | Protein: 0.4 g | Phenylalanine: 15 mg

**Be sure to check with your healthcare professional before making changes to your diet.**

This recipe was analyzed using HowMuchPhe.org.

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This recipe has been specifically designed for a low protein diet. The nutrition information for a recipe could change depending on the brand of product you choose and should only serve as a guideline. Refer to labels for allergen information and suitability.

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