

Recipe makes
12 servings

Prep time
5 minutes



NUTRITION INFO PER SERVING (2 tablespoons)

Calories 60

Protein 0.4 g

Phenylalanine 15 mg

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.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

For more recipes, please go to our website www.VitafloUSA.com and follow us on Instagram [@vitaflousa](https://www.instagram.com/vitaflousa) and on facebook [@Vitaflo Vitafriends](https://www.facebook.com/VitafloVitafriends).

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © 2022 Nestlé.



Enhancing Lives Together
A Nestlé Health Science Company