

# Food Babe's Coconut Whipped Cream



Prep Time:	Cook Time:	Total Time:	Serves:
12 hrs	0 mins	12 hrs	8

<https://foodbabe.com/easy-healthy-pumpkin-pie>

## Ingredients:

- 14 ounces full fat coconut milk
- 2 tablespoons coconut sugar
- ¼ teaspoon vanilla extract

## Instructions:

1. Place can of full-fat coconut milk into refrigerator overnight.
2. Remove the can from the refrigerator the next morning and flip upside down and open that end of the can.
3. Pour liquid into a small mixing bowl and set aside, you will not be using this liquid for the recipe.
4. Then after the liquid is removed from the can you will see the solid coconut cream on the bottom, scoop out and place in a large chilled mixing bowl with coconut sugar and vanilla extract. Whip coconut cream with beaters until a fluffy consistency is achieved.

## Notes:

- Choose a canned coconut milk that doesn't use BPA liners and that is organic like Natural Value or Native Forest. This coconut whip cream is really easy if you remember to put your coconut milk into the fridge overnight.
- Please choose all organic ingredients if possible