

# Coconut Whipped Cream

## ingredients

1 can coconut milk  
(good quality, full fat)  
2-4 T maple syrup,  
agave, or honey  
a pinch of salt  
1/4 tsp vanilla

## directions

Put the can in the refrigerator without shaking first. Let set up for about an hour. Open the can without shaking and scrape the cream off the lid and around the top and inside. Set the liquid part aside and use it in smoothies or baked goods. Put the cream into the bowl of a stand mixer, or in a regular bowl (you can also use a blender for this). Add the rest of the ingredients and whip on high until your cream is the consistency of whipped cream. This cream is especially delicious on cakes and mixed berries. Try red and blue berries for a Fourth of July party.



a gentler and *happier* approach to health