

Coconut Whipped Cream



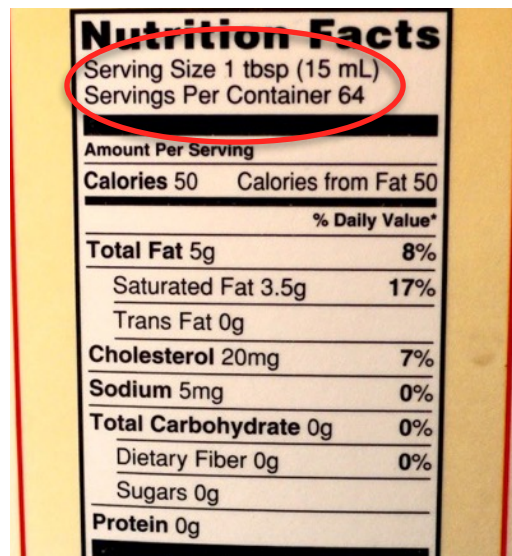
TIPS:

1. Using a combination of coconut cream and light coconut milk makes this fully flavorful whipped cream lower in both calories and fat than traditional whipped cream made with heavy cream.

2. Nutrition Label Comparison: When looking at the nutrition labels below, first notice that the serving size (circled in red) for **heavy cream** (1 tablespoon) is 1/5th the serving

size of coconut cream and light coconut milk, both of which use 1/3 cup or about 2.7 ounces as a serving size. For an ounce to ounce comparison, see the table below the picture of nutrition labels.

Heavy Cream



| Nutrition Facts | |
|-----------------------------|----------------------|
| Serving Size 1 tbsp (15 mL) | |
| Servings Per Container 64 | |
| Amount Per Serving | |
| Calories 50 | Calories from Fat 50 |
| % Daily Value* | |
| Total Fat 5g | 8% |
| Saturated Fat 3.5g | 17% |
| Trans Fat 0g | |
| Cholesterol 20mg | 7% |
| Sodium 5mg | 0% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 0g | |

Coconut Cream



| Nutrition Facts | |
|--------------------------------|-----------------------|
| Serving Size 1/3 cup (80 mL) | |
| Servings Per Container about 5 | |
| Amount Per Serving | |
| Calories 170 | Calories from Fat 150 |
| % Daily Value* | |
| Total Fat 16g | 25% |
| Saturated Fat 15g | 75% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 25mg | 1% |
| Total Carbohydrate 4g | 1% |
| Dietary Fiber 0g | 0% |
| Sugars 2g | |
| Protein 2g | |

Light Coconut Milk



| Nutrition Facts | |
|---------------------------------|----------------------|
| Serving Size 1/3 cup (80 mL) | |
| Servings Per Container about 5 | |
| Amount Per Serving | |
| Calories 45 | Calories from Fat 45 |
| % Daily Value* | |
| Total Fat 5g | 7% |
| Saturated Fat 4.5g | 21% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 5mg | 0% |
| Potassium 50mg | 1% |
| Total Carbohydrate less than 1g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 1g | |

| Ounce-To-Ounce Comparison: Heavy Cream, Coconut Cream, and Light Coconut Milk | | | |
|---|----------|-----------|---------------|
| | Calories | Total Fat | Saturated Fat |
| Heavy Cream | 100 | 10 grams | 7 grams |
| Coconut Cream | 64 | 6 grams | 6 grams |
| Light (Fat Reduced) Coconut Milk | 17 | 2 grams | 2 grams |
| 1 Ounce Combined Coconut Cream and Light Coconut Milk | 40 | 4 grams | 4 grams |

Preparation Time: 7-10 minutes, not including refrigeration time for the coconut whipped cream to thicken

Ingredients

(makes about 4 cups coconut whipped cream)

1 Can (13.5 Ounces) Light Coconut Milk

1 Can (14 ounces) Coconut Cream

2 Teaspoons Vanilla Extract

2-3 Teaspoons Sugar (I'm using coconut sugar here, though any sugar will work)

Ground Cinnamon



Equipment

Electric Hand Mixer (can be substituted with a hand powered egg beater)

Large Measuring Cup or Mixing Bowl (use a bigger bowl than you think you'll need to avoid splatter)

Can Openers

Teaspoon



1. Use a lever can opener to open a room temperature can of light coconut milk and pour the entire contents of the can into a large mixing bowl.



2. Use a crank handle can opener to open a room temperature can of coconut cream and scoop the entire contents of the can also into a

large mixing bowl.



3. Add the following:

2 teaspoons vanilla extract



2-3 teaspoon sugar (to avoid over-sweetening, start with 2 teaspoons sugar, taste the coconut whipped cream after you've whipped it, and add more sugar to taste if

needed)



a good shake of ground cinnamon



4. For safety's sake, don't plug the electric hand mixer into a power socket until first attaching

the mixer blades to the hand mixer. You should feel the blunt rod end of the mixer blade click into place in the slotted sleeves.



5. Plug the electric hand mixer into a power socket.



Put the mixing blades into the mixing bowl, use your free hand both to steady the bowl and contain any splatter - making sure to keep that hand safely clear from the mixer blades - and turn on the mixer to MEDIUM - HIGH speed.



Gently circle the mixer clockwise and counterclockwise along the bowl edge for 1-2 minutes until...



...the ingredients in the bowl are well mixed together. (NOTE: Unlike whipped cream made with heavy cream, coconut whipped cream won't whip up until it can form folds and peaks.)



6. Turn off the mixer and unplug it from the power socket.



Eject the blades.



7. Cover the freshly made coconut whipped cream with plastic wrap and refrigerate for at least a few hours.



8. After refrigerating, the coconut whipped cream should thicken and look like this.



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