

# DAIRY OR COCONUT WHIPPED CREAM

With Kim and Ashley from Zero Waste West Metro



## SUPPLIES NEEDED:

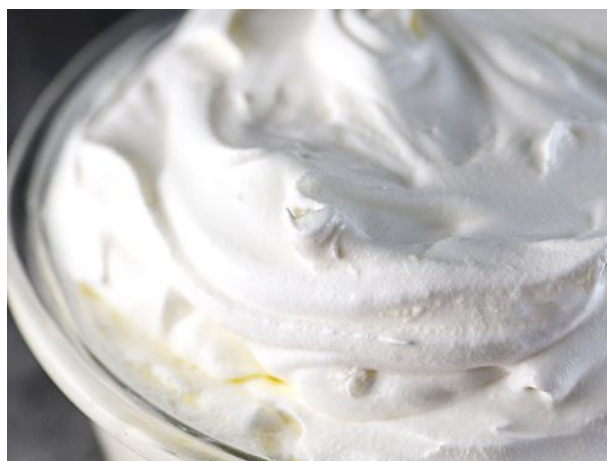
- Hand Mixer
- Mixing bowl (it helps to chill the bowl first)
- 2 Tbsp maple syrup or sweetener of choice
- 1 tsp vanilla extract
- **1 can full-fat coconut milk OR**
- **1 pint carton of heavy whipping cream**

## COCONUT INSTRUCTIONS:

1. Place can of coconut milk in the fridge overnight. This allows the fat to harden and separate from the liquid.
2. Scoop the hardened coconut cream off the top portion of the can into your mixing bowl (The liquid part is great to save for smoothies)
3. Use your hand mixer to whip the cream for a couple minutes until fluffy.
4. Mix in your sweetener and vanilla to taste

## DAIRY INSTRUCTIONS:

1. Combine ingredients in mixing bowl
2. Whip with hand mixer on high for 3-5 minutes until thick and fluffy.



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