

HOW TO MAKE DAIRY-FREE WHIPPED CREAM

Recipe inspired by Nancy Prior Phillips
Photos and text © by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) in collaboration with her husband, Marc Cerasini.

This dairy-free whipped cream, made with coconut milk, is absolutely delicious and the method is easy and fun to execute. There are a few tricks to getting it right, and I'll share them with you in the recipe. My first tip: When you make this whipped coconut milk, you'll notice it has a slightly different consistency than dairy cream; it's a little looser. Not to worry. Frankly, it's great served as is, right after you whip it, but you can also get a firmer texture by placing it in the fridge for about an hour after it's whipped—which means it also stores very well. So you can whip it up and eat it, OR pop it in the fridge to firm it up even more. Either way, I promise you will...eat with (dairy-free) joy! ~ *Cleo*

Ingredients:

1 can coconut milk - Do not use "lite" coconut milk. Use regular, full-fat coconut milk. Brand matters. Use "La Cena" (pictured) or "Thai Kitchen" – and note that "Native Forest" brand did not work for me in this recipe.

1-2 tablespoons powdered (confectioners') sugar
(or the equivalent in artificial sweetener)

1/2 teaspoon pure vanilla extract (optional)

Step 1 – Chill it, baby: Place the can of (full fat, not "lite") coconut milk in fridge for at least 48-hours. Although some recipes say "overnight," that doesn't work for my fridge; the cream does not harden enough for me in less than 2 days.

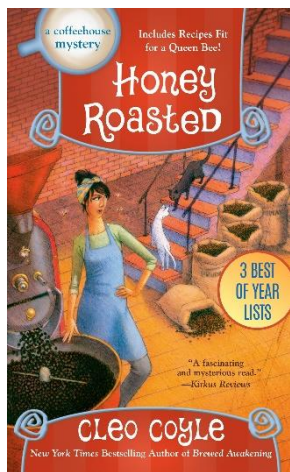
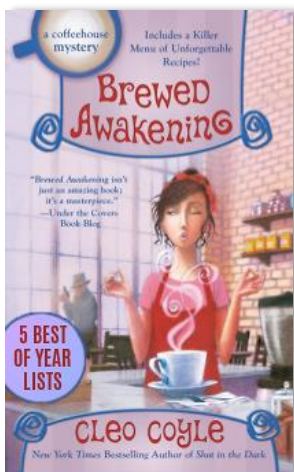
Step 2 – Bottoms up: Take the can out of the refrigerator and gently turn it over. Now open the top (which was previously the bottom) and you will see a translucent liquid at the top of the can. Pour this out—you'll get about ½ cup of liquid. (Save this for my **Caramelized Banana** recipe, at the end of this one.)





Step 3 – Whip it good: Inside the can, you'll see the hardened coconut cream. Spoon it out into a cold bowl (*pre-chill the bowl about 15 minutes in the fridge or freezer*). To the bowl, add 1 to 2 tablespoons of powdered sugar (or artificial sweetener). Although I don't add additional flavor, this is the time to add ½ teaspoon of vanilla, for example, or cocoa or cinnamon, if you like.

Using an electric mixer, beat the cream until it's frothy. (*I also pre-chill the beaters in the freezer, about 10 minutes.*) If you find the cream is a bit loose for your taste, no worries, simply place it in the fridge for an hour or so and it will firm up beautifully. Serve as you would dairy whipped cream and store leftovers in the fridge.



Eat with joy! ~ Cleo

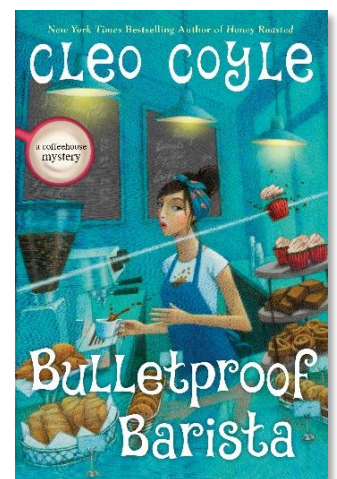
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To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at

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Cleo Coyle's Caramelized Bananas in Coconut Cream

This is what I do with the **clear coconut liquid (about 1/2 cup)** that separates from the hardened coconut cream. I pour it from the can into a plastic container and keep in the fridge until I'm ready to use it in this recipe.

To Make the Caramelized Bananas: Pour the clear coconut liquid into a skillet. Add **1-2 tablespoons of dark brown sugar**. Warm and stir until the sugar dissolves. Add sliced bananas to the pan (**3 to 4 medium bananas**); the slices should be flat and in one layer. As you cook the mixture, the bananas will soak up the sweetened coconut liquid and caramelize. Be sure to turn the slices at least once during cooking to give both sides contact with the pan's hot bottom. Serve at once by placing the warm bananas in a bowl or glass and dolloping the whipped coconut cream on top. The whipped cream will melt down, giving you **Caramelized Bananas in Coconut Cream** that is out of this world and (for vegans and dairy-free eaters) a dessert that tastes like ice cream!



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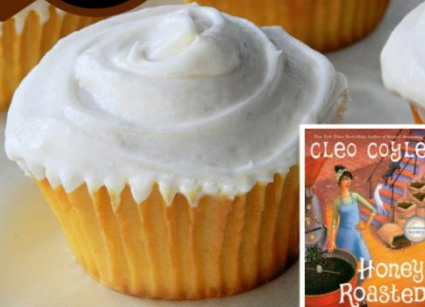
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