Vegan Coconut Whipped Cream

This is an amazing substitute for dairy whipped cream. In this recipe, the key is using the right coconut milk. It turns out that the guar gum helps the coconut cream and the water to properly separate. Look for this ingredient if you don't have the Thai Kitchen or Native Forest brand in a store near you.

About 2 cups

1 can Thai Kitchen or Native Forest Full Fat coconut milk, refrigerated overnight

2-4 tablespoons confectioners' sugar

1 teaspoon vanilla extract

1. Scoop out the coconut cream that has risen to the top of the can of coconut milk and put it in a bowl.

2. Pour in the confectioners' sugar and the vanilla extract.

3. Beat it with a hand mixer just until it's smooth and resembles traditional whipped cream. Be careful not to overmix it. If you overheat it, it will begin to loose it's structure and "melt."

FAQ's

Can I use "lite" coconut milk? No, use full fat. The fat is what you need to make the whipped cream.

Can I replace the coconut milk with another non-dairy milk? No, this won't work with other non-dairy milks.