

# Whipped Coconut Cream with Prunes

## How to make coconut cream

Coconut milk is a great alternative for those on a ketogenic and paleo diet who avoid dairy. It's high in fat and low in carbs and won't kick you out of ketosis. In addition, like coconut oil, it contains fat-burning MCTs.

## Coconut milk with cream and coconut cream

"Cream" of coconut milk is sometimes confused with creamy coconut oil, which is essentially coconut oil, also known as coconut mana, and is made from dehydrated coconut meat. When following my recipes, make sure you don't mix them up.

## What is coconut milk with cream used for?

You can use creamed coconut milk like milk cream, cream cheese, yogurt or mascarpone. It can be used in both sweet and savory recipes: to thicken sauces, make fat bombs, or as a frosting for low-carb muffins and pies.

In addition to fat bombs, you can use coconut cream to make Keto chocolate mousse, or just enjoy berries. If you like yogurt, try making dairy-free yogurt with coconut milk cream using this technique.

## Can coconut milk be whipped the same way as milk cream?

Yes, you can! This is really easy to do with an electric mixer or an iSi siphon like this one. The advantage of using the beater is that it will make your coconut cream lighter and fluffier compared to the conventional electric mixer method. You can learn more about this method in this post.

*To sum up, for the “cream” of coconut milk, you should use coconut milk, which contains thickeners and creams.*



See how to make coconut whipped cream here.

## **Ingredients:**

- 1 can coconut cream (or regular heavy whipping cream)
- 1 cup soft pitted prunes
- 1/4-1/2 cup roasted walnuts
- 2-3 tablespoons maple syrup

## **Directions:**

1. Beat coconut cream with a mixer until fluffy. See below how to make coconut cream.
2. Continuing to beat, add sugar in a thin stream.
3. Cut prunes into strips, chop walnuts, and mix with prunes.

4. Put in layers in jars: prunes with nuts, whipped coconut cream, decorate with prunes and nuts on top.
5. Place in refrigerator for 4 hours.