

Almond Butter Coconut Whip with Blueberries

4 ingredients · 5 minutes · 3 servings



Directions

1. Scoop out the thickened cream from the can of coconut milk that has been refrigerated overnight into the mixing bowl, and set aside the remaining coconut juice for other uses.
2. Add the almond butter and maple syrup. Use a hand mixer to whip until fluffy.
3. Divide the almond butter coconut whip into small bowls and top with blueberries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 5 days.

No Maple Syrup

Use honey or your sweetener of choice.

No Almond Butter

Use hazelnut, peanut, cashew or sunflower seed butter instead.

Cake Frosting

This whip makes a great cake frosting. Simply double or triple the recipe (depending on cake size) to make enough whip to ice a cake.

Serving Size

Each serving yields approximately 1/3 cup of almond butter coconut whip.

Ingredients

1 cup Organic Coconut Milk (canned, full fat, refrigerated overnight)

1 1/2 tbsps Almond Butter

2 tbsps Maple Syrup

1/2 cup Blueberries (fresh or frozen)

Nutrition

Amount per serving

Calories	238	Cholesterol	0mg
Fat	19g	Sodium	22mg
Carbs	16g	Vitamin A	13IU
Fiber	1g	Vitamin C	2mg
Sugar	12g	Calcium	45mg
Protein	3g	Iron	1mg