

Berry Bowl with Coconut Whipped Cream

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 12.9 g, Fiber: 4.4 g, **Net carbs: 8.5 g**,

Protein: 2.1 g, Fat: 12 g, Calories: 155 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4-6 servings)

- 4 cups fresh berries of your choice (see notes below)
- 5 fresh mint leaves, plus more for garnish
- 1 can full-fat [coconut milk](#), chilled (14.1 oz can yields about 200 g / 7.1 oz [creamed coconut milk](#))
- 1 whole vanilla pod
- 1 teaspoon birch [xylitol](#)

I used a cup of raspberries (120 g / 4.2 oz), blackberries (145 g / 5.1 oz), blueberries (150 g / 5.3 oz) and strawberries (145 g / 5.1 oz) when calculating the nutrition facts. When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. To make the berry bowl, chop the berries into bite-sized pieces and place in a large mixing bowl. Mince the fresh mint leaves and toss to combine. Set the berries and mint aside while you make the whipped cream.
2. Open the can of coconut milk and use a spoon to scoop out the hardened coconut into a large mixing bowl. Discard the liquid in the can or save it for another use.
3. Use a paring knife to cut the ends off of the vanilla bean. Then, slice the bean length-wise and use the edge of the knife to scrape out the vanilla seeds. Add the seeds to the coconut cream and discard the pod.
4. Using a hand mixer, slowly beat the coconut cream and the vanilla seeds together. After about a minute, add the birch xylitol for sweetness. Continue to mix the coconut until it becomes fluffy, like whipped cream. Serve the cream immediately on top of the berries, with extra mint leaves for garnish, if desired.

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