

# How To Cream Coconut Milk

Hands-on 5 minutes Overall 8 hours

**Nutritional values (per 1/2 cup):** Total carbs: 8 g, Fiber: 2.6 g, **Net carbs: 5.3 g**, Protein: 4.4 g,

Fat: 41.6 g, Calories: 396 kcal,

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



## Ingredients (makes ~ 1 cup)

1 can [coconut milk](#) (400 ml/ 13.6 fl oz)

## Instructions

1. Place a can of coconut milk into the fridge overnight. Don't shake the can before opening. It should get very thick and the solids should separate from water. If it doesn't, you need to try another brand. I recommend [Thai Kitchen Organic](#) or [Native Forest](#) or any other brand that works well for you. *I used "What On Earth Organic Coconut Milk" when I made this recipe. It's the best canned coconut milk I've tried in the UK. However, last time I checked, this brand was unavailable and I'm not sure if/ when it will be available again.*
2. Once thick, transfer to a bowl (without the water!) and mix with a spoon, whisk or a blender. The extracted cream can be used immediately or stored in the fridge for up to 3 days.

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