

How To Make Perfectly Fluffy Whipped Coconut Cream

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per 1/4 cup/ 60 ml): Total carbs: 1.3 g, **Net carbs: 1.3 g**, Protein: 1 g,
Fat: 10.2 g, Calories: 94 kcal,

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



Ingredients (makes about 2 1/2 cups)

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

Optional: few drops of [stevia](#), 1-2 tbs [powdered Erythritol](#) or [Swerve](#), 1 tsp sugar-free [vanilla extract](#) or a pinch of [cinnamon](#)

Instructions

1. Before you start, check the tips above for best results. Vigorously shake a can of room temperature coconut milk. (You can use up to 2 cans depending on the size of your [iSi Whipper](#). The maximum capacity will be indicated on the outside of the whipper.) Pour into the iSi Whipper, fill up to the maximum filling capacity indicated on the outside of the bottle.
2. Place the lid (with the rubber seal inside) on top and screw on tightly. Screw on the charger holder with the inserted iSi cream charger. Shake *vigorously* for a few seconds, as if it were a cocktail shaker.
3. Let it rest for a few seconds, and then shake again. Repeat 4 to 5 times.
4. Unscrew the empty charger and screw a protective cup onto the piercing mechanism.
5. Holding the iSi whipper head down, gently press to release the fluffy cream into a bowl or directly on top of any keto treats.
6. See how light and airy it is? The whipped cream can be used immediately (no chilling needed!) or stored in the fridge for up to 5 days.

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