



ADVANCE BIOMEDICAL TREATMENT CENTER

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COCONUT WHIPPED CREAM

1. Grab a can of full-fat can coconut milk – I like Native Forest as it's BPA-free, but any brand of full-fat coconut milk should work as long as it **doesn't** have emulsifiers on the ingredient list. It must be full-fat because you will be whipping the solid cream. Do not use light coconut milk....you'll break my heart.

Many of you have had trouble making [whipped coconut cream](#) with certain brands because some cans don't always separate. A reader let me know that Thai Kitchen has changed their formula so that it doesn't separate anymore. Apparently they are coming out with small cans of pure coconut cream instead. Be on the look out! I used Native Forest with decent result, although I have had some duds before.

2. Place can in the fridge overnight. This is another crucial step. You need to chill the coconut cream until it's very firm. I once tried to make whipped coconut cream without chilling the can – big mistake! It was a watery mess. I like to keep at least a couple cans in the back of my fridge just in case I need a quick whipped cream for a recipe. Then you always have it on hand and don't have to wait overnight to use it. A few extra cans of chilled coconut milk never hurt anyone.

Just before you make your whipped cream, **place a mixing bowl in the freezer for 5 minutes or so**. This helps keep everything cold and will be especially helpful for those of you in very warm climates. You can also put the beaters in the freezer too, but it's not necessary.

3. Remove the chilled can from fridge and FLIP it upside down.

Why flip it upside down?

The liquid coconut milk (the part that doesn't harden) will now be at the top of the can!

4. Open the can. See the liquid at the top? You won't be whipping this part.

5. Pour the coconut liquid into another bowl. You should have just under 1 cup of liquid, but this yield will vary a bit by brand and even by can.

Don't throw it away – I like to use it in smoothies along with mango, kale, banana, and chia for a fun tropical smoothie. You can also use it in baking and cooking.

As you can see below, you are left with only the hardened coconut cream! Come to mama!! This is exactly what we want to use to make our coconut whipped cream.