



Almond Butter Coconut Whip with Blueberries

3 servings

5 minutes

Ingredients

250 milliliters Organic Coconut Milk
(canned, full fat, refrigerated overnight)
20 grams Almond Butter
1 tbsp Raw Honey
1 cup Blueberries (fresh or frozen)

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 honey. 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 Almond Butter: Use any other nut 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.