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Whipped Coconut Cream with Berries ♦♦

Whipped Coconut Cream with Berries is a delicious and creamy vegan dessert. It is made with coconut cream, which is whipped to perfection and served with fresh berries. This dessert is perfect for those who are looking for a dairy-free and vegan option.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

400 g	coconut cream
200 g	Mixed Berries
2 tbsp	maple syrup
1 tsp	vanilla extract

Directions

Step 1

Refrigerating

Place the can of coconut cream in the refrigerator overnight.

Prep Time: 0 mins

Cook Time: 0 mins

Step 2

Open the can of coconut cream and scoop out the solid cream into a mixing bowl.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Mixer

Using an electric mixer, beat the coconut cream until fluffy and peaks form.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Add maple syrup and vanilla extract to the whipped coconut cream. Mix well.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Divide the whipped coconut cream into serving bowls.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Top with mixed berries.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 30 g

Protein: 2 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	20 g	N/A	N/A
Saturated Fat	18 g	81.82%	105.88%
Fat	30 g	107.14%	120%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	6 mg	0.18%	0.23%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Course

Desserts Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter
Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

Demographics

Kids Friendly Senior Friendly Teen Friendly Pregnancy Safe
Lactation Friendly Allergy Friendly Diabetic Friendly

Diet

Vegan Diet Pescatarian Diet Ovo-Vegetarian Diet Lacto-Vegetarian Diet
Lacto-Ovo Vegetarian Diet Fruitarian Diet Blood Type Diet Ayurvedic Diet
Traditional Chinese Medicine (TCM) Diet Anti-Inflammatory Diet
Gluten-Free Diet Low Glycemic Index Diet Low Sodium Diet
The Fast Metabolism Diet Nutrient Timing Diet The 80/10/10 Diet
The Gerson Therapy The Swiss Secret Diet The Scarsdale Diet
The Cabbage Soup Diet The Hallelujah Diet The Mayo Clinic Diet
The Beverly Hills Diet The Hollywood Diet The Lemonade Diet
The Grapefruit Diet The Rice Diet The Sleeping Beauty Diet

The Baby Food Diet The 3-Hour Diet The French Women Don't Get Fat Diet
The Cookie Diet The F-Plan Diet The Israeli Army Diet The Air Diet
The Breatharian Diet The Werewolf Diet The Five-Bite Diet
The Negative Calorie Diet The Ice Cream Diet The Master Cleanse Diet
The Subway Diet The SlimFast Diet The Cambridge Diet The Shangri-La Diet
The Best Life Diet The 3-Day Diet The CICO (Calories In, Calories Out) Diet
The Eat-Clean Diet The Peanut Butter Diet The Bulletproof Diet
The Carnivore Diet The Dukan Diet The HCG Diet The Optavia Diet
The Pritikin Diet The Starch Solution Diet The Vertical Diet The GOLO Diet
The Gut and Psychology Syndrome (GAPS) Diet
The Specific Carbohydrate Diet (SCD) The Anti-Candida Diet The Dr. Sebi Diet
The Crohn's Disease Diet The Ulcerative Colitis Diet The Low-Residue Diet
The BRAT Diet (Bananas, Rice, Applesauce, Toast)
The GERD Diet (Gastroesophageal Reflux Disease)
The PCOS (Polycystic Ovary Syndrome) Diet
The SIBO (Small Intestinal Bacterial Overgrowth) Diet
The Histamine Intolerance Diet The IBS (Irritable Bowel Syndrome) Diet
The Salicylate Sensitivity Diet The Low Oxalate Diet The Diabetes Diet
The Hypothyroidism Diet The Hyperthyroidism Diet
The Epilepsy Diet (Modified Atkins Diet for Seizures) The Parkinson's Disease Diet
The Multiple Sclerosis (MS) Diet The Fibromyalgia Diet
The Chronic Fatigue Syndrome Diet The Arthritis Diet The Osteoporosis Diet
The Heart-Healthy Diet The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet
The Low Purine Diet The High-Fiber Diet The Low-Fat Diet
The High-Protein Diet The Low-Protein Diet The High-Calcium Diet
The High-Potassium Diet The Low-Potassium Diet The High-Iron Diet
The Low-Iron Diet The Low-Phosphorus Diet The High-Vitamin D Diet
The High-Vitamin C Diet The High-Vitamin K Diet The Low-Vitamin K Diet

The Low-Copper Diet The Spring Detox Diet The Summer Weight Loss Diet
The Fall Immunity-Boosting Diet The Winter Warming Diet The Low-Sulfur Diet
The High-Sulfur Diet The Eczema Diet The Psoriasis Diet The Rosacea Diet
The Acne Diet The Migraine Diet The Celiac Disease Diet
The Gallbladder Diet The Kidney Stone Diet The Anti-Anxiety Diet
The Depression Diet The Adrenal Fatigue Diet The Endometriosis Diet
The Hashimoto's Disease Diet The Lyme Disease Diet The Diverticulitis Diet
The Restless Leg Syndrome Diet The Tinnitus Diet The Interstitial Cystitis Diet
The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet
The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet
The Chronic Urticaria Diet The Dysphagia Diet
The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet
The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet
The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet
The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet
The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet
The Graves' Disease Diet The Addison's Disease Diet
The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The Myasthenia Gravis Diet
The POTS (Postural Orthostatic Tachycardia Syndrome) Diet
The Eosinophilic Esophagitis (EoE) Diet
The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet
The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet
The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet
The Bipolar Disorder Diet The Schizophrenia Diet
The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet

Blood Type A Diet

Blood Type B Diet

Blood Type AB Diet

Cooking Method

Frying

Baking

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

Pickling

Sous Vide

Pasteurizing

Fermenting

Infusing

Pressing

Jellying

Carbonating

Whipping

Stirring

Simmering

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Oven

Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

Meal Type

Brunch

Lunch

Snack

Difficulty Level

Medium

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