
WHIPPED CREAM

You can make it at home!

Make Whipped Cream in a Siphon

You can use a siphon to make low-calorie whipped cream with skim milk or calcium-fortified milk alternatives like almond milk.

Combine 1 and 1/2 cups of milk with 1/2 teaspoon of vanilla extract and 1/4 to 1/2 of a teaspoon of xanthan gum. Stir it well and pour it into a siphon (a.k.a. whipped cream whipper) and let it stand for 1 minute.

Charge the siphon with 2 nitrous oxide cartridges, then turn the canister upside down and use it to top your creations with homemade whipped cream.

Making whipped cream with milk instead of cream cuts the calorie count down to 15 calories per cup! If you're intrigued by this, invest in a siphon today!

Whip Cream by Hand:

Whipped cream is a great way to add flourishes to any dessert. As long as you keep portions to a reasonable size, whipped cream also offers a great way to boost the richness of a dish without destroying your eating plan.

To whip cream by hand, pour a cup of cream into a bowl, add 1 teaspoon of sugar and a dash of vanilla extract, then whip with a whisk, hand mixer, or stand mixer. Keep whipping until the mixture can form and hold soft peaks.

It's vital to keep the cream cold as you whip it — if it heats up, it will lose its shape. So if your whipped cream starts to break down, store it in the fridge for a few minutes. Starting with a chilled bowl can help too.

