

Yogurt Whipped Cream



Lightening whipped cream with yogurt results in a sweet tart taste which is perfect with fruit desserts.

YIELD 16 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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INGREDIENTS

1 cup	Heavy Cream
1 cup	Yogurt, plain, low-fat
2 Tbsp	Powdered Sugar
1 tsp	Vanilla Extract

CHEF'S NOTES

The whipped cream recipe will yield about 3 cups. Store the remaining portion in a sealed container in the fridge for a few days. You can also swap the vanilla for citrus zest for a bright twist.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a large bowl, whip the heavy cream with an electric mixer or by hand, using a whisk. Once soft peaks have formed, whisk in the sugar and vanilla.
3. In a separate bowl, whisk the yogurt to add air and make it lighter and fluffier. Gently fold the lightened yogurt into the whipped cream, just until combined.
4. Cover and refrigerate until ready to use.

Nutrition Facts

16 servings per container

Serving size 2 Tbsp (30g)

Amount Per Serving

Calories 60

% Daily Value*

Total Fat 5g 6%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 15mg 1%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes <1g Added Sugars 2%

Protein 1g 2%

Vitamin D 0.4mcg 2%

Calcium 30mg 2%

Iron 0mg 0%

Potassium 40mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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