

Ideal[®] Whipped Cream Servings: 16

Ingredients

2 c heavy cream, very cold
¼ c Ideal[®] No Calorie Sweetener
1 TBS pure vanilla extract



Directions

1. Add cold cream to large bowl and whip until peaks begin to form and slightly thickened; add sugar and vanilla and continue whipping until stiff peaks form; do not whip beyond stiff stage as cream will get stiff and curdle like butter

Tip: Whipped cream made with good quality cream should last 24 hrs. Flavor variations can be created by adding the following: flavored liqueurs, extracts, spices (cinnamon, pumpkin), herbs, citrus zests, fruits ground into pastes, food colors, jams, and jellies.

Per Serving: 110 Calories; 1 g Protein; 11 g Total Fat; 2 g Carbohydrates; 0 g Fiber; 0 g Sugar; 0 mg Calcium; 0 mg Iron; 10 mg Sodium; 40 mg Cholesterol