

Dessert

Whipped Cream

**Vegetarian, Gluten-Free*

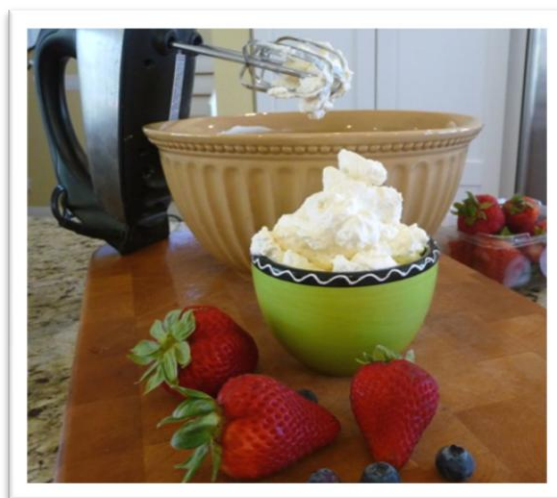
An easy dessert is to cut up fresh fruit or thaw frozen fruit and top with a dollop of whipped cream.

You'll Need

- 2 cups of heavy cream
- 1 tablespoon of sugar (or less)

Directions

- Then with an electric beater, beat cream on high until it starts to fluff.
- Then add the sugar.
- You'll know it's done when the whipped cream gently clings to the lifted beaters. Just be careful not to overbeat or you'll end up making sweetened butter.



Play with Your Food

- Add a dash of vanilla
- Add a pinch of cocoa powder

Medwell Kitchen Tested