



# Keto Whipped Cream

This basic Keto Whipped Cream recipe can be used so many different ways! We love it with our Keto desserts (like crepes, cupcakes, and fruit)! What will you eat it with?

Need something a little more substantial rather than light and fluffy? Check out our cream cheese frosting!

## Recipe:

Mix together:

- 1 C Heavy Whipping Cream
- 1 T Swerve (Erythritol)
- 1 Dropper Liquid Stevia (or a second T of Swerve)

Blend the heavy cream until the mixture starts to thicken and soft peaks form.

Using a cold bowl that is open and allows air in mixes best, but we prefer a stainless steel coffee mug.

## The Keto Dad Tips and Tricks:

- We prefer using powdered Swerve and liquid stevia so there's no grittiness from granulated sweeteners.
- Add cacao powder in to make chocolate whipped cream!
- Mix with berries, top a keto mug cake, frost a low carb watermelon cupcake for the kids, or add to your favorite pie!



Makes 4 servings

Calories: 200, Fat: 20g, Carbs: 2g, Fiber: 0g, (Net Carbs 2) Protein: 4g

[SimpleFunKeto.com](http://SimpleFunKeto.com)

Facebook: The Keto Dad Instagram: @theketodadlife YouTube: The Keto Dad