



Yogurt Whipped Cream

Try orange or lemon zest instead of vanilla extract for a new refreshing twist on whipped cream.

<u>U.S.</u>		<u>Metric</u>
1 cup	Heavy Cream	235 ml
1 cup	Yogurt, plain, low-fat	227 g
2 Tbsp	Sugar, Powdered	14 g
1/2 tsp	Vanilla Extract	2 ml

Preparation:

1. Gather all ingredients and equipment.
2. In a large mixing bowl, mix together heavy cream, sugar, and vanilla and whip with an electric mixer or whisk ingredients by hand until soft peaks form.
3. In a separate bowl, gently whisk yogurt to make light and fluffy.
4. Gently fold in the yogurt to the whipped cream to keep the bubbles.
5. Chill until ready to serve.

Nutrition Facts

Serving size	1/4 cup
Servings	12
Calories	82
Calories from Fat	60
Total Fat	7 g
Saturated Fat	4 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	26 mg
Sodium	23 mg
Carbohydrates	3 g
Dietary Fiber	0 g
Sugars	3 g
Protein	2 g
Vitamin A	6 %
Calcium	5 %
Vitamin C	1 %
Iron	0 %
Phosphorus	44 mg
