Yogurt Whipped Cream

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

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.

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