



## Delicious and Healthy Sub From Dani at Fabufit

### **PALEO WHIPPED TOPPING (Dairy, Gluten & Guilt-Free!)**

One of the very first Paleo tricks I learned last summer was that of making whipped topping out of a can of full fat coconut milk. It is so good on sweet potatoes with a little cinnamon and is very delicious on fresh fruit, or pumpkin pie, as well. Here are a couple of tricks to remember:

Wash the top of the can first. Who knows where it has been. If you first get the can of coconut milk cold in refrigerator, all the cream rises right to the top and can easily be scooped out. Be sure to use full fat canned coconut milk. I don't even have to use a hand blender when the milk is cold. It just easily whips up with a fork or whisk.

NOTE: Many time I just whip this up and add some Stevia.

Recently, upon finding the wonderful website called [360yourlife.com](http://360yourlife.com), I discovered more versatility for this whipped topping. You will find the link for this particular frosting and icing at the bottom of this page. This is a wonderful website filled with treasures.

### **Dairy, Gluten, and GUILT Free Whipped Cream Frosting and Icing**

This is a wonderful alternative to Cool Whip or fatty icing. Get the kids or grandkids involved, they will love helping you color the icing and then icing their cookies!



## Dairy Free Whipped Cream Frosting 360YourLife.com

1 (13.5 ounce) can coconut milk

1 tablespoon raw honey

1 teaspoon vanilla extract

Scoop out the thickened coconut cream and leave the water in the bottom of the can.

In a mixing bowl, whip all ingredients together using a hand mixer. This will form whipped cream.

Let the mixture sit in the fridge overnight and this will form a frosting like consistency.

### Almond Icing

2 tablespoons coconut oil, softened at room temperature

2 tablespoons raw honey

1/2 teaspoon almond extract

1/8 teaspoon sea salt

Cream together the coconut oil, honey, extract, and sea salt. If the mixture seems runny, place it in the fridge for a few minutes to help it set.

### To naturally color any of the frosting/icing:

For Red Icing: Place the frosting/icing in a mini food processor with fresh strawberries. Mix well.

For Green Icing: Place the frosting/icing in a mini food processor with fresh baby spinach. Mix well. (Don't be scared, the spinach will not add any flavor to the icing...just don't let the kids see you do it!)

- See more at: <http://360yourlife.com/category-recipes/dairy-gluten-and-guilt-free-frosting-and-icing/#sthash.Fur2cspS.dpuf>