Coconut Whipped Icing

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 can (400mL) organic coconut whipping cream*
- 1 tsp vanilla extract
- 3-4 tbsp maple syrup
- 3 tbsp raspberry powder or red natural food colouring

Instructions:

1. Chill can of whipping cream in fridge for 1 hour.
2. Scoop coconut cream into a large mixing bowl. Add vanilla and maple syrup. Using a hand mixer, blend until almost whipped. Then add any natural food colouring, or raspberry powder if you want it pink.
3. Whip until fully combined. Ice cake or cupcakes as soon as it's ready!

Notes:

*Make sure the can says "whipping cream". I like the Cha's Organics brand. If you can't find "whipping cream" and you're buying full-fat canned coconut milk, then you have to separate the water from the cream. Place it in the fridge for 2 hours and then scoop out only the cream. However, it's not foolproof like "coconut whipping cream" because they've added tapioca starch to help it whip better.