

# Cinnamon Whipped Cream

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## INGREDIENTS

1 C. heavy whipping cream

½ tsp. cinnamon

1 T. Swerve® confectioners sugar

1 tsp. vanilla extract

## DIRECTIONS

1. Place a medium metal or glass mixing bowl in the freezer for 10 minutes to chill.
2. Remove bowl and add heavy whipping cream.
3. Using an electric hand mixer beat on high while slowly adding remaining ingredients.
4. Beat to stiff peaks. Store covered in fridge until ready to use.

SERVINGS: 12

### TIP

Beat just until peaks are stiff or you will end up with butter. To test for stiff peaks, turn off mixer and pull beaters straight up out of whipped cream; if the peaks stay straight and don't fall, you have stiff peaks.

### NUTRITION INFO

Calories — 73      Fat — 7 g      Protein — 0 g  
Carbs — 3 g      Fiber — 1 g      Net carbs — 3 g

Nutrition has been calculated using the MyFitnessPal recipe calculator.