

Whipped Kefir Topping

This will last in a sealed container in the fridge for up to a month. Use it with different recipes, for cupcakes, with pies, ice cream, etc. You can prepare a vegan option with coconut milk kefir.



Ingredients:

- 1 cup cream
- 4 tbsp milk kefir cheese, heaping
- stevia or honey to taste

Whipped kefir topping ideas:

- dusting of cinnamon
- dusting of cocoa powder
- a pinch of sea salt

Mix with an electric mixer on low speed until the cream thickens enough to not spatter. Increase speed to medium-high and add stevia or honey.

Continue to whip until the cream starts to hold soft peaks. Gently fold in the kefir cheese with a rubber spatula or whisk. Add your favourite topping! (optional).

This recipe includes milk kefir made of cow milk. You can use other types of milk to prepare kefir, for instance plant-based milk. Make sure you ferment it long enough for it to become thick enough. This way you will be able to strain it and prepare delicious vegan cheese that can be used in this whipped kefir topping recipe.

See more recipes [here](#).

Products used to prepare this recipe:



Cheese Maker

[Buy on Kefirko.com](https://kefirko.com)



[Sea Salt](#)

[Buy on Kefirko.com](#)