



### **Chickpea Vegan Non-Dairy Whipping Cream - (1/4 Cup Version)**

*It's dairy free whipping cream you can make*

1/4 cup aquafaba (liquid from unsalted chickpeas), chilled if possible

1/8 teaspoon cream of tartar

2 Tablespoons fine granulated sugar

1 teaspoon vanilla extract

In a food processor or mixing bowl, beat aquafaba a few minutes on high speed until foamy; add cream of tartar.

Continue beating at high speed until firm peaks begin to form. This may take a long time – some say as much as 10 to 20 minutes.

When firm peaks begin to form, add sugar very slowly, about 1 teaspoon at a time, giving it a chance to dissolve. Add vanilla.

Serve this whipping cream immediately. If it loses its fluff or collapses, just rewhip. It can be held in the refrigerator for about 2 hours and then rewhipped.

**Recipe Inspired by:** <http://icookandpaint.com/2016/05/17/vegan-whipped-cream-and-the-miraculous-world-of-aquafaba/>  
or <https://www.thekitchn.com/recipe-chickpea-whipped-cream-236591>

**Cook's Note:** It really doesn't have a bean flavor since it is flavored with a sweetener and some vanilla. It makes a good substitute if a person wants to avoid dairy whipped cream. This cream takes a long time to whip into a fluffy texture and needs to be served immediately. However, it can be rewhipped easily if it is made ahead of time.

**About the Recipe:** Three cheers for this dairy-free whipped cream, thanks to using Aquafaba. The proteins, carbohydrates and other nutrients in the chickpea liquid give it the ability to be whipped and even form stiff peaks like heavy cream or egg whites. It is a great substitute for a vegan diet or anyone who has an allergy to dairy products.

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### **Chickpea Vegan Non-Dairy Whipping Cream - (2 Cup Version)**

*Prepares about 2 cups using chickpea liquid*

1 (15 ounce) can unsalted chickpeas  
1/8 teaspoon cream of tartar  
1 teaspoon vanilla extract  
2 Tablespoons fine granulated sugar

Drain chickpeas saving liquid. Set chickpeas aside for another use. Place chickpea liquid (aquafaba) in food processor. Begin whipping at medium speed; add cream of tartar and vanilla. Slowly add the sugar and continue whipping for about 10 to 15 minutes, until firm peaks with slightly softened tips form. It is better to use the whipped cream immediately because it will collapse, but it can be rewhipped.

For more information See:

Recipe by: [www.thekitchn.com/recipe-chickpea-whipped-cream-236591](http://www.thekitchn.com/recipe-chickpea-whipped-cream-236591)