

GET HEALTHY

ON THE RAILROAD



URBAN MINISTRY

Maple Vanilla Whipped Cream

SERVES

4 PEOPLE

YUM! The first 100 registered participants will receive a free produce bag.

INGREDIENTS

- 1 pint whipping cream
 - ¼ cup pure maple syrup
 - ¼ stem fresh vanilla bean
- OR
- ¼ teaspoon pure vanilla extract

Directions

- 1 In a stainless steel or glass bowl whisk whipping cream until desired whipped consistency.

(Be careful not to over whisk as the cream will turn to butter.)
- 2 Add maple syrup and vanilla bean or vanilla extract and whisk a few strokes more.
- 3 Serve over fresh sliced strawberries.
- 4 Enjoy with the children in your life.