

Healthy Coconut Honey Fruit Dip

This healthy coconut honey fruit dip is gluten free, dairy free, and paleo! It's easy to make, only requires a few ingredients and tastes amazingly fresh.

Course	Snack
Cuisine	American
Keyword	easy dessert, fruit dip, healthy snack
Prep Time	5 minutes
Total Time	5 minutes
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Ingredients

- 1 cup coconut cream solid part from a refrigerated can of full fat coconut milk. 1-2 cans depending on the brand.
- 2 tablespoons raw honey can sub maple syrup
- 1/2 teaspoon vanilla extract optional
- 1/4 teaspoon cinnamon optional
- pinch of salt

Instructions

1. Refrigerate the cans of full fat coconut milk overnight to solidify the coconut cream.
2. Scoop out the cold coconut cream into a mixing bowl and use a hand mixer to whip the coconut cream until smooth and creamy. Make sure to avoid scooping out the liquid.
3. Add in the honey, vanilla extract, cinnamon, and salt.
4. Mix once more with the hand mixer to make sure everything is evenly mixed.
5. Serve cold with strawberries or your favorite fruits.
6. Store in an air tight container in the fridge for up to a week.

Notes

I used Natural Grocers brand for this healthy fruit dip and only needed 1 can to yield the 1 cup of coconut cream - but depending on the brand, you may need 2 cans.