

# Stabilized Whipped Cream

## You will need:

- 1 cup heavy whipping cream
- 1/2 tsp plain gelatin powder
- 1 tbsp cold water
- Optional sweetener and [vanilla](#)

## Instructions:

1. Sprinkle 1/2 tsp of plain gelatin powder into 1 tbsp of cold water. Let it stand for 5 minutes or until the liquid is thickened.
2. Now you need to heat the gelatin until all the gelatin is dissolved, but not to a boil. You can do this over low heat on the stove, in a double boiler, or in the microwave. If you use the microwave work in 10-second intervals to make sure it does not boil.
3. Let the mixture cool to body temperature. Do not let it get much cooler than that so it does not solidify.
4. While it is cooling whisk heavy cream until barely stiff. It should be thick but not yet forming soft peaks.
5. Whisk constantly while pouring in the gelatin mixture.
6. Once soft peaks form if you want sweetened whipped cream add your sweetener and vanilla. (I suggest 1 tbsp powdered sweetener like xes sweetener or [gentle sweet](#) and 1/2 tsp [vanilla](#))
7. Continue whisking the cream until stiff peaks form.