

Prep Time: 5 minutes
Cook Time: 0 minutes
Total Time: 5 minutes
Servings: 2

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Description

Looking for a dessert that feels indulgent but fits your health goals? This 3-Ingredient Sugar-Free Berry Whip is the answer. It is light, airy, and packed with the natural sweetness of berries without any added refined sugar. By using a secret ingredient—aquafaba (chickpea water)—we create a stable, fluffy texture that rivals traditional whipped cream. It is naturally vegan, dairy-free, and perfect for a quick snack or a healthy dessert.

Ingredients

- 1 cup Mixed Berries: (Fresh or frozen. If frozen, ensure they are thawed and drained of excess liquid).

- 1/2 cup Aquafaba: (The liquid from a can of unsalted chickpeas).
- 2 tbsp Powdered Sweetener: (Erythritol, Monk Fruit, or Allulose. If using a granulated sweetener, blend it into a powder first for a smooth texture).

Instructions

Phase 1: Preparation (Intensity: Low)

1. Chill: Ensure your aquafaba is cold. If you just opened the can, place the liquid in the fridge for 10 minutes (this helps it whip faster).
2. Blend: In a high-speed blender or food processor, puree the berries until completely smooth. If you prefer a seedless texture, strain the puree through a fine-mesh sieve to remove seeds. Set aside.

Phase 2: The Whip (Intensity: High)

3. Whisk: Pour the aquafaba into a stand mixer or a large bowl with a hand mixer.
4. Whip: Start whipping on medium speed until the liquid becomes foamy (about 2 minutes).
5. Stiffen: Increase the speed to high. Gradually add the powdered sweetener, one tablespoon at a time. Continue whipping for 5 to 7 minutes until stiff peaks form. The mixture should look glossy and hold its shape when you lift the beaters.

Phase 3: Assembly (Intensity: Low)

6. Fold: Gently fold the berry puree into the whipped aquafaba using a spatula. Do this in three additions. Be careful not to deflate the mixture—use a “cut and fold” motion.
7. Serve: Spoon the whip into serving glasses. Garnish with a few whole berries if desired.

Recipe Notes & Tips

- Aquafaba Tip: Make sure to use the liquid from unsalted chickpeas. If the liquid is too thin, you can simmer it down on the stove to reduce it and thicken it before whipping.
- Sweetener Note: If you are using a liquid sweetener (like stevia drops), add it to the aquafaba after it starts foaming, not before.
- Texture: This whip is best served immediately. It does not hold up well overnight in the fridge, as it may begin to separate.

Nutritional Information (Per Serving)

Note: Nutritional values are estimates based on using a zero-calorie sweetener like Erythritol. If you use a sweetener with calories, these numbers will change.

- Calories: 25 kcal

- Total Fat: 0.2g
- Saturated Fat: 0g
- Sodium: 15mg
- Total Carbohydrate: 4g
- Dietary Fiber: 1.5g
- Total Sugars: 2g
- Protein: 1g