

## Whipped Greek Yogurt

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Makes 2 cups

### Ingredients

8 ounces plain Greek yogurt (about 1 cup; 225g), any percentage will do (see note)

6 ounces heavy cream (about 3/4 cup; 170g)

2 ounces golden syrup, sorghum syrup, honey, or maple syrup (about 3 tablespoons; 55g)

1/4 teaspoon rosewater or vanilla extract, or seeds from 1 vanilla bean, split and scraped

Pinch of salt

### Instructions:

Combine Greek yogurt, cream, sweetener, rosewater or vanilla, and a pinch of salt in the bowl of a stand mixer fitted with a whisk attachment. Mix at low speed to start, then increase to high and whip until mixture is thick and stiff, about 5 minutes. Use immediately as a soft, whipped cream-like topping, or, to serve as a parfait, divide into serving dishes and refrigerate until thickened (roughly to 45°F/7°C).

***Credit: [seriouseats.com](http://seriouseats.com)***