

**Creamy Coconut Frosting**

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**Ingredients:**

* 1 cup unsweetened coconut milk
* 1 cup honey or pure maple syrup
* Pinch of sea salt
* 2 Tbsp arrowroot powder
* 1 Tbsp water
* 1 1/4 cups coconut oil melted over low heat

**Preparation:**

* In a medium sauce pan; bring milk, sweetener and salt to a boil.
* Whisk together, decrease heat and simmer 8-10 minutes, stirring frequently.
* In a small bowl, dissolve arrowroot with water to make a paste.
* Raise heat to medium – high.
* Add paste to coconut mixture, whisking constantly for 1 minute until mixture thickens.
* Remove from heat and VERY gradually add oil with a hand held mixer.
* Place in freezer for 30-35 minutes, mixture will solidify and turn opaque white.
* Remove from freezer and whip with hand held mixer until thick and fluffy.
* Store in a glass jar in the refrigerator for up to 3 days.