

Creamy Kiwi and Lime Verrines



This creamy kiwi and lime verrine is a fresh and light dessert, designed by a nutritionist to offer an option that is both tasty and suitable for a [low-FODMAP diet](#). The kiwi provides freshness and fiber, while the coconut whipped cream adds a rich, creamy texture, without any dairy products. Easy to prepare and no-bake, it is a great way to add a little sweetness to your daily life, without compromising on taste!

Preparation 10 min

Cooking 0 min

Servings 2

Nutrition Facts (per serving)

Calories 340

Fat 20

Carbohydrates 36

Fibre 5

Protein 4

Sodium 25

Ingredients

- 4 green kiwis, peeled
- 30 ml (2 tbsp) granulated sugar, divided
- 180 ml (¾ cup) full-fat canned coconut milk, refrigerated overnight
- 30 ml (2 tbsp) unsweetened almond beverage

- 5 ml (1 tsp) ground flaxseeds

Preparation

1. In a medium bowl, mash the kiwis with a fork until you have a coarse purée. Add half of the granulated sugar and mix well. Set aside.
2. In another medium bowl, add the refrigerated full-fat coconut milk, almond beverage, lime juice, and the other half of the granulated sugar. Whisk using a blender or an electric hand mixer until the texture is light, creamy, and foamy.
3. Divide half of the kiwi purée into the bottom of two verrines or small containers.
4. Add a layer of coconut mousse, then a second layer of kiwi purée. Finish with the remaining coconut mousse.
5. Garnish with ground flaxseeds.

Notes

For optimal texture, enjoy within 24 to 48 hours of preparation.



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