

Homemade Coconut Milk Yogurt

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 x 400mL cans of full fat coconut milk
- 30 billion CFU probiotic capsules*
- Optional: 1 tsp pure vanilla extract
- 2 tbsp real maple syrup

Instructions:

1. Refrigerate coconut milk cans overnight to allow time for the cream to separate from the coconut water.
2. Scoop coconut cream from can and place in a clean bowl. Let warm up to room temperature to make it easier to mix in the probiotics.
3. Crack open each probiotic for a total of 30 billion bacteria into the coconut cream and combine.
4. Cover bowl with plastic wrap and store overnight or for 12 hours in a warm environment like inside your oven. Remember it's in there and do not use your oven!
5. The next day, mix the yogurt with a spoon, it should be nice and creamy and smell tangy/sour just like yogurt. If it smells funky or the colour is off, discard the yogurt.
6. Place in a clean jar and refrigerate for up to 7-10 days.
7. If using, the vanilla and maple syrup can be added after 12 hours.

Notes:

*If you can't find capsules that are 30 billion. You can use 3 x 10 billion capsules.