

Homemade Coconut Milk

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 4 cups filtered water
- 2 cups unsweetened, unsulfured coconut flakes

Instructions:

1. Heat water, but do not boil.
2. Combine with flakes in a blender and blend until smooth.
3. Filter out the chunks and small bits of coconut with a cheese cloth, nut bag or wire collander.
4. Store in fridge and keep 4 days max.