

Coconut Yogurt

Yield: 2 cups

Ingredients:

2 cups young coconut meat (2-4 coconuts)

¼ - ½ cup coconut water, (may need additional coconut water to thin)

¼ teaspoon pro-biotic powder

Directions:

Place the coconut meat and coconut water in a high-speed blender and blend until smooth, adding additional coconut water if necessary. Add the pro-biotic powder and blend briefly just to mix (or lightly stir together in a separate bowl)

Place the coconut cream in a glass jar with a lid and allow to sit at room temperature for 8-12 hours. Stored in the refrigerator will keep up to 1 week.