



Creamy Coconut Yogurt (raw, vegan, free of refined-sugar/gluten/soy)

Fresh coconut meat is low in carbohydrate and a great source of fiber. High in good fats, it's very sustaining and helpful for balancing blood sugar levels. Once you see how easy peasy it is to make your homemade coconut yogurt with fresh coconuts and "sans" the nasties, you will never go back to the store-bought version.

Ingredients:

- 3 fresh **young Thai coconuts** or 1lb organic frozen young Thai coconut meat, thawed (buy fresh or frozen at **Wholefoods** or online via Exotic Superfoods)
- 3/4 to 1 cup fresh **coconut water** (or filtered water)
- 1 teaspoon pure **vanilla** extract or fresh vanilla bean, scraped (optional, but good)
- 2 good quality **probiotic** capsules or about 1/2 teaspoon (in the refrigerated section of health food store. Garden of Life, Now or any brands) for the starter

Toppings: Fresh berries, fruits, granola, hemp seeds, coconut flakes, freeze-dried raspberry, liquid stevia, yacon/maple syrup, coconut nectar or raw honey (for non-vegan), to taste

Directions:

You **MUST** sterilize your tools, bowls and blender by boiling them, or washing them in very hot water by hand or dishwasher. You will also need a wooden spoon for the final mixing step and tall glass jar. Open your coconuts safely (I recommend investing in the [Coco Jack](#) Coconut Opener if you are like me and open fresh coconuts often!) strained the coconut water in jar, measure out 1 cup and set aside the rest for other use. Scoop out the meat with the back of a large rounded tip spoon. Skip this part if you are using the store-bought coconut meat and continue onto the next step. Put the cleaned coconut meat (without any brown parts) in high speed blender with the vanilla if using and add in the coconut water a little at a time until it becomes a thick, smooth and creamy texture. Pour creamy coconut mixture into a tall glass jar, add in the content of probiotic capsules, stir and mix well with a wooden spoon by hand. Slightly cover ajar with a lid or a cheesecloth and a rubber band and put in a dark place (counter, oven or dehydrator NOT turn on) for 12 hours, stir again and let it sit for another 12 hours until the cream rises and it is full of little air bubbles. Store in the refrigerator for 3 hours prior to eating if you prefer a thicker texture, it will keep up to 1 week with a more sour taste. Serve with some fresh fruit, top with nuts or seeds and a drizzle of your favorite sweetener. Blend in your smoothie or make a yogurt fruit parfait for a simple dessert. My children love the coco yogurt with a rose mango, a touch of raw honey and of course some beet/raspberry coconut sprinkles. **Enjoy!**