

DIY Coconut Yogurt

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You will need:

1. Two cans of full-fat organic coconut milk. Light coconut milk will not work for this.
2. Four probiotic capsule. They should not contain prebiotics.

Directions:

1. Shake your coconut milk well. Then open and pour into a clean, dry glass jar or bowl. Sometimes the coconut milk is separated, so I take a whisk and get it completely smooth.
2. Empty your probiotic capsules and use a wooden or plastic spoon to stir, not metal, as a metal spoon can react negatively with the probiotics. Stir until creamy and smooth, pushing the probiotic up against the side with your spoon to evenly disperse.
3. Cover the mixture with cheesecloth (or a very thin, clean dish towel - something that lets air in but keeps bugs out) and secure with a rubber band.
4. Let the yogurt activate for at least 24 hours and up to 48 hours (sometimes longer) in a warm place. The longer it rests, the tangier the yogurt will become. In warmer climates and summer it's easy to make yogurt if your house is warm (75 degrees F / 23 C and above). But in cooler climates or seasons, place the yogurt in the oven with the light on (do not turn on the oven), where it should have the right amount of heat to activate.
5. Once the yogurt has reached the right amount of tanginess and thickness of your liking (be sure to sample with a wooden spoon), cover securely with a lid and refrigerate until cold. Refrigerating will thicken the yogurt even more, almost to a Greek yogurt consistency (depending on the brand of coconut milk you used).

Stores for 7-10 days. You'll know it's gone bad when the smell is off-putting or there is mold.