

Coconut Yogurt



Ingredients:

3 cans full-fat coconut milk
2 tbsp grass-fed gelatin
2 tbsp raw honey
1 tsp vanilla

Directions:

1. Pour 2 cans of coconut milk in the small pot and heat it, but do not let it boil.
2. Take 1/2 cup of warm coconut milk and dissolve 2 tbsp gelatin mixing it well.
3. Add the gelatin mixture to the rest of warm coconut milk.
4. Add the rest 2 cans coconut milk to warmed coconut milk and mix it well.

5. Mix honey and vanilla to the mix.
6. Let coconut mixture cool to 92F and add yogurt starter you have on hand (for example, Body Ecology Yogurt Starter) or powdered probiotics to it and mix it well.
7. Pour the yogurt into the small jars and set them on the counter for 24-48 hours. The more sour you like your yogurt, the longer you have to wait.
8. If it is winter and it is cold in the kitchen, put the jars into the turned-off oven and turn on the light for 3-4 hours to keep the temperature warm in the oven.