How to Make Coconut Yogurt at Home

Cook Time: 12-24 hours min   prep Time: 5 min   total Time: 12-24 hours min   servings: 4

Ingredients:

2 cans full-fat coconut milk, preferably organic
2 probiotic capsules
1/2 teaspoon honey (optional)

Instructions:

1. Sterilize a large glass jar or glass bowl by washing and covering with boiling water. Dry well.
2. Add the coconut milk to your chosen vessel, and add the probiotic and mix well. Add the honey. If using.
3. Place in your oven with the gas/pilot light on or a dehydrator at 110F (45C) for 12-24 hours, until the coconut will have curdled and taste like yogurt.

Notes:

If there's any pink or gray color appearing on the yogurt while it ferments, that means it has been contaminated with bad bacteria and you need to throw it away. Make sure to always sterilize the jar or container you will use. And start using only 1 can of coconut milk before moving on to make a bigger batch.