# Creamy Coconut Yoghurt

⏱ < 50 min + overnight

🍽 6 servings

## Ingredients

2 cans organic coconut milk (or 4 cups homemade coconut milk)
¼ cup coconut yoghurt (plain, unsweetened from the store or buy a coconut starter)
1 Tbsp monk fruit sugar  (or 15 drops of stevia)
1 Tbsp grass-fed gelatin (you can also use 1-2 Tbsp agar or pectin, or 1-2 cups pureed young coconut meat)
pinch of salt
1 tsp vanilla

## Preparation

In a medium saucepan, bring the coconut milk to a boil. Watch it carefully so it doesn't boil over. Remove from heat. Add the gelatin and quickly beat using a hand mixer (remove any lumps). If you are not using gelatin, add the thickener and mix well. Add the sugar and salt. Set aside to cool.

Let the milk cool to 100-105oF, using a candy thermometer for accuracy. If the milk is too low or high, the bacteria/culture will not thrive. Add the yoghurt culture/starter to the milk. Pour into a glass jar and seal.

Place the jar in a warm place where you can keep the temperature constant between 100-105oF for 12-24 hours. You can use a yoghurt maker, food dehydrator (remove all the drawers and set the jar inside), seed mat with warm towel wrapped around jar or warm oven). The yoghurt is ready when it has a sour smell/taste.

Yoghurt has been consumed for hundreds of years. It's very nutritious, and eating it regularly can boost your gut and immune health along with nourishing your microbiome with beneficial bacteria.

- Healthy fats (coconut milk)
- Vitamins & minerals (coconut milk)
- Probiotics (20-30 strains of good bacteria)