

# DIY Coconut Yogurt

2 ingredients · 24 hours · 4 servings



## Directions

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1. Add the coconut cream in a jar.
2. Open up the probiotic capsules and empty the contents into the jar. Stir with a wooden or plastic spoon until incorporated.
3. Place a piece of cheesecloth or cotton (a piece of old sheet will do!) over top of the jar and tie loosely with an elastic band. Place the jar in a warm spot. I put mine on top of my warm water tank but my kitchen top works too. Taste test after 18 hours. If it isn't tangy enough, allow the mixture to ferment up to 36 hours. Once fermented, put a tight lid on in place of the cheesecloth and store in the fridge.

## Ingredients

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- 400 mls** Coconut Cream Or Milk (I use Biona coconut cream in a can)
- 2** Probiotic Capsules