

# Homemade “cheater” coconut yogurt

## INGREDIENTS:

1 (13.5-oz.) can full-fat coconut milk (My favorite BPA-free brands are Arroyo-D, Native Forest, or Natural Value.)

5 opened capsules OR 1 “pinch” GutPro probiotic powder

Note: If you don’t have GutPro probiotic, another powder probiotic may work but I can’t guarantee it. (Start with 50 billion CFU to try it out).

## PREPARATION:

Pour coconut milk into a large mason jar, add probiotic powder, and screw on lid. Give it a good shake to mix it all together. Put it in a cool dark place on your countertop for 3-4 days, shaking the jar about 2 times per day. You’ll know it’s ready when the mixture smells a bit sour and starts to feel thicker when you shake it. When this happens, put it in the fridge to cool and thicken even more. Enjoy it as you would any other type of yogurt.

*4-6 servings*

