

Homemade Coconut Milk from Shredded Coconut

Yield: 4 cups

4 cups filtered water

2 cups unsweetened organic shredded coconut

- Heat water in a saucepan to near boiling.
- Add hot water and shredded coconut to blender.
- Let sit 1 hour
- Blend on high for 2-3 minutes until creamy.
- Pour mixture through a nut bag (or you can use a nylon stocking or a colander lined with cheesecloth). Squeeze the cheesecloth well to extract coconut milk.
- Store in a glass jar in the refrigerator for 3-5 days.

You can use the left over pulp in smoothies for additional fiber. I use them in energy bars like my [Cranberry Coconut Energy Bars](#). You may need a little more water depending on how much you squeezed out of the pulp.