

## Coconut Yogurt

This is a great alternative to dairy yogurt. It is cream and delicious. Serve it plain or with a few berries and nuts for breakfast or snack. It takes about 3 days so plan in advance.

2-3 servings

1 (13.5-oz.) can full-fat coconut milk

5 potent full-spectrum probiotic (Bio-Kult) capsules

- Pour coconut milk into a mason jar.
- Open probiotic capsules and add to coconut milk. Cover and shake.
- Leave in a cool dark place for three to four days, shaking the jar about two times per day.
- On the final day, place the jar in refrigerator, where the "yogurt" will harden.
- Serve plain or with berries

### **A few more things...**

- ✓ Do not open the mason jar once you've sealed it and it is sitting in your cabinet fermenting.
- ✓ Note that not all probiotics are actively live. If your yogurt doesn't culture, it's time for a new probiotic.
- ✓ The yogurt may have a sulfur-like smell when you open it after refrigeration. It's only the smell. It should still taste fine. The smell depends on the strain and batch of bacteria used.