

Clean Coconut Yogurt Recipe



PREP TIME:
5 MINUTES

COOK TIME:
N/A

TOTAL TIME:
36-48 HOURS

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Recipe type: Gluten Free / Dairy-Free / Vegan

Yield: 4 Servings

Ingredients:

- 1 – 13.5 oz. Can Organic Coconut Milk
- Probiotic Capsules (strength of your choice)

*Suggested 2 capsules of *Truvani Glorious Gut* 30 billion CFU total. - [Purchase Here](#)

Materials:

- Mason Jar (at least 16 oz. size)
- Cheesecloth

Instructions:

1. Pour all contents of coconut milk into mason jar.
2. Mix with small whisk until smooth, no lumps.
3. Twist open each probiotic capsule and pour contents into mason jar. Discard empty capsules.
4. Mix with whisk – until all powder is evenly distributed.
5. Cut small piece of cheesecloth and place on top of jar & twist mason jar lid on.
6. Let sit on counter – room temperature for up to 36-48 hours – no longer.
7. Put in fridge & chill 4 hours before using. Lasts 3-5 days stored in refrigerator.

Enjoy in smoothies, protein shakes, parfaits, etc.