

Coconut Milk Yogurt

- Many plant-based yogurts in the market are loaded with a high sugar content.**
- A 6-ounce serving of chocolate coconut yogurt has 23 grams of sugar, and the same amount of strawberry has 18 grams!**
- THAT MEANS BETWEEN 4 AND 6 TSP. SUGAR!**

- Coconut yogurt is a great alternative for those with dairy intolerance and supplies good key vitamins and minerals, along with live active cultures.**
- Coconut yogurt is a good source of calcium with between 25 - 30% of the daily value in each 6-ounce serving.**
- 25 30 % of the daily value for magnesium, a mineral essential for muscle function.**
- 25 - 30% of the daily value for vitamin B-12, crucial for red blood cell production, and vitamin D, vital for calcium absorption.**
- Coconut yogurt does have less protein than regular dairy yogurt, however used in the context of a moderate protein, high plant fiber and healthy fat diet, it is a good choice. (Note: If one feels they need more protein, they can add some nuts, hemp or protein powder to their yogurt)**
- 6 oz. serving of coconut yogurt has 6 g of fiber, 75 cal, 6 g fat, most of it in saturated fat in the medium chain triglyceride form which can help control weight, reduce the risk of atherosclerosis and boost immunity, according to a 2013 article in "Nutrition Review."**
- Properly balanced gut bacteria correlated with improved immune system function.**
- Several scientific studies show that yogurt helps inhibit tumor cells, support heart health, lower insulin resistance and stabilize weight.**
- Canadian study concluded that eating yogurt was associated with lower insulin levels, lower triglyceride levels, and heart health.**
- Eating yogurt encourages a healthy weight, with full-fat yogurt satiating better than skim milk yogurt and therefore associated with a reduction in carbohydrates in the diet.**
- For those on a dairy-free diet or a paleo diet, coconut milk yogurt is a reasonable alternative that can be made easily at home for less money than store-bought yogurt.**
- Home-made unsweetened coconut yogurt doesn't contain added sugar, except for the small amount of maple, coconut or monk fruit sugar helping the fermentation process.**
- Coconut yogurt is naturally sweet with a pleasant but mild coconut flavor and a slightly sour taste.**
- Coconut milk ferments faster than cow's milk, so taste it through the process after the first 6 hours, and every 4 hours after that, so that you can stop the fermentation when it reaches the sourness that you prefer.**
- The longer it ferments the higher the number of probiotics in every spoonful.**
- One can ALSO culture hemp, sunflower, flax and pumpkin seed milks with great results. (for a good hemp milk recipe that you can try using with other seeds, see portal)**

Ingredients:

4 cups coconut milk
1 T. sweetener (maple syrup, coconut sugar, monk fruit)
1/2 – 1 teaspoon of probiotic powder (that is the filling from between 4 and 8 of my probiotic capsules*
(Lactobacillus bulgaricus, Streptococcus thermophilus, Bifidobacterium lactis or Lactobacillus acidophilus)
3 tsp. gelatin

Method:

- Heat milk and sweetener if using up to a boil and remove from heat.
- In glass bowl allow milk to cool to 115 F.
- Dissolve thickener in another bowl (small amount of cool water for gelatin or hot water for agar)
- Add thickener to warm coconut milk. Stir well to combine.
- Once milk reaches 115 F. add probiotic powder and stir to combine. Pour into a very clean jar with tight lid. Cover and place in yogurt maker or oven that is totally off with just the light on, door shut and towel wrapped around the jars for insulation.
- You can also keep the jars of yogurt in a cooler filled with hot water, on a low temperature heating pad, etc – basically you are looking to keep it at approximately 105°F – 115°F for the entire time it is culturing.
- Allow to culture for at least 8 hours (or longer – 16 – 24 hours best)
- Yogurt will be thin once ready. Cover tightly and place in fridge for at least 6 hours to stop fermentation. It will thicken as it cools, whether or not you added a thickener, but still more if you did. Feel free to eat plain or with added fruit, cacao nibs, matcha or superfood powders.