

Cheater Coconut Yogurt & Kefir

Yogurt and kefir are traditional fermented foods. They're both made by adding bacterial cultures to milk. The cultures are what create the tart flavor and thick, pudding-like consistency.

Foods with live cultures have been proven to boost the immune system and aid in longevity. Here are instructions for creating easy-to-culture delicacies from coconut milk, right on your countertop!

- *To make coconut yogurt:* Open a can of full-fat organic coconut milk into a mason jar. (My favorite brand is Native Forest as they do not use BPA in their can lining.) Add about 5 or 6 opened probiotic pills into the mason jar. Cover and shake. Leave in a cool dark place on your countertop for three to four days, shaking the jar about two times per day. On the final day, the mixture should feel thick when you shake it. At that point, stick the jar in the fridge, where the "yogurt" will harden. Sweeten with fruit or raw honey, if sweetness is needed.

- *To make the coconut kefir:* Do the same as above, using coconut water instead of coconut milk, but stir when first adding the probiotics. Then just let it sit without stirring or shaking as the liquid will become champagne-like.

Notes:

- *Do not open the mason jar once you've sealed it and it is sitting on your countertop.*
- *Note that not all probiotics are actively live. If your yogurt doesn't culture, it's time for a new probiotic. (Check with me for good brands.)*
- *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.*
- *This is good stuff! Enjoy!*