

Homestyle Probiotic-Rich Coconut Yogurt

Delicious, tangy, Homestyle Probiotic-Rich Coconut Yogurt that's easy to make? Sign us up!

Using **CanPrev's Pro-Biotik 50B Extra Strength** formula, this gut-healthy coconut yogurt makes the perfect breakfast, snack, or meal enhancer. It can be enjoyed alone or used in both sweet and savoury recipes to add a creamy touch.



Preparation time: 24 hours | Servings: 4



Ingredients

- 1 can (400mL) of full-fat coconut milk
- 3 Pro-Biotik 50B Extra Strength capsules

Method

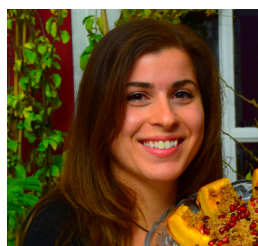
1. Spoon the thicker portion of coconut milk into a blender and add 2 - 4 tbsp of the remaining liquid from the can to achieve desired consistency. Blend until smooth.
2. Transfer to a jar and open the Pro-Biotik capsules, sprinkling them over the blended coconut milk.
3. Using a wooden spoon or utensil, stir gently, but well.
4. Cover with a cheesecloth or clean reusable dishcloth. Secure with an elastic band.
5. Keep in a warm place at room temperature for 24 hours to let yogurt set.
6. After 24 hours, remove the cheesecloth and elastic band, and cover the jar with its own lid. Place yogurt in the fridge for at least 2 hours to set before enjoying.

Storage Instructions: Store in the fridge in an airtight container for up to one week.

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Developed by: Lena Tashjian



Lena is a nutritionist, writer, and recipe developer. She is the author of *The Vegan Armenian Kitchen Cookbook*, which focuses on healthy, authentic vegan dishes.

