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Really easy, delicious coconut yoghurt recipe

Mix the contents of a probiotic capsule with a can of coconut cream (Ayam or Aroy-D). I use one probiotic capsule for the small 270 mls can and two capsules for the 560 mls can.

Cover with cloth or lid and leave at room temperature for approximately 12 hours. Once it starts tasting like yoghurt you can put it into the fridge.

I use Healthy Origins probiotics which I purchase from iherb. I can't guarantee good results with other brands of probiotics as I haven't used them but this brand works well and has eight strains of probiotics.

Someone told me it was the best coconut yoghurt she had ever tasted and it really could not be any easier to make.

Use this link and you will save \$5 on your purchase from iherb – I also get a discount on my purchases so it is a win win for everyone!

<http://www.iherb.com/healthy-origins-probiotic-30-bi.../19518...>