

COCONUT MILK

Canned and boxed varieties of coconut milk often contain added preservatives and other unnecessary ingredients. Try making your own with this easy recipe.

Kitchen Tip: If you are a regular nut and seed milk user, it might be worth investing in a nut milk maker machine to make life easier.

DIRECTIONS

1. Add the coconut and water into the blender. Blend on high until smooth. Repeat the blend cycle once more if needed.
2. Using a fine mesh strainer, strain a small batch at a time to squeeze out the coconut milk from the pulp. Use the back of a spoon to press out the liquid from the pulp. Repeat the process several times until the milk strains through without any pulp left in the strainer.
Note: this step separates the fat from the pulp to be able to turn it into coconut flour.
3. Store the coconut milk in a glass mason jar and refrigerate up to 5 days.

Equipment:

High speed blender, fine mesh strainer, bowl, glass jar for storage

Makes: 3 cups of coconut milk

INGREDIENTS

- 1 cup shredded coconut, unsweetened
- 4 cups water, filtered

*Use organic ingredients where possible