

COCONUT *milk*

Home made coconut milk is a complete whole food with no preservatives! It's easy to make in minutes at a fraction of the price, making it economical as well. When you don't buy coconut milk in a can, it also means less recycling is needed - better for you and the environment!

INGREDIENTS

- 1 cup shredded coconut
- 4 cups water

INSTRUCTIONS

1. Place 1 cup of shredded coconut into high speed blender. Add 3-4 cups of water depending on how creamt you want it.
2. Blend for 1 minute on high speed.
3. Drain through nut milk bags and squeeze like you are milking a cow until no more liquid remains. Use immediately or store in a glass container for up to one week.



MAKES
750ML



PREP TIME
3 MIN