



# COCONUT YOGURT

Recipe courtesy of Lisa Fiore

## INGREDIENTS:

1. 1 Cup Fresh, Organic Coconut Meat
2. 1/4 Cup Fresh, Organic Coconut Water
3. 1/2 tsp. FloraBiotica Synergy Powdered Probiotic
4. 1/2 Cup of your favorite, organic berries (raspberry, blackberry, strawberry)
5. 5 drops of your favorite essential oil (wild orange goes well with strawberries)
6. 2 tbsp. Organic, Maple Syrup (grade B) or raw, unpasteurized honey (optional)
7. Organic vanilla bean, insides only

## DIRECTIONS:

Mix coconut meat and water in blender until smooth. Pour into a glass bowl or jar, with a lid, and add 1/2 tsp. of FloraBiotica Synergy (powder). Mix, cover, and set in dehydrator for 5 to 6 hours on 100f to culture. If you do not have a dehydrator, cover the jar and place in your oven close to the light. Leave the oven light on. Let the yogurt ferment/culture for 24 hours. Once done, add 1/2 cup berries, 2 tbsp. Grade B maple syrup or raw organic unpasteurized honey (optional), and the insides of 1 organic vanilla bean. Re-blend until smooth and eat.