



## Make your own coconut yogurt

### Supplies

- Casserole
- Food thermometer
- Thermos bottle
- Glass jar

### Ingredients

- Coconut milk 400 mg
- 2 pro-biotic capsules pure without additives

### Preparations

- Pour the milk in the casserole and stir it to a smooth substance.
- Boil the milk for a short while and remove it from the fire.
- Let it cool down between exactly between 40-45 degrees. Use the thermometer.
- Stir and mix the content of the two pro-biotic capsules in the milk.
- Pour the yogurt into the thermos bottle and leave it for 8 to 12 hours in a warm room.
- Pour the yogurt over in a glass jar and keep in the refrigerator.
- Consume after 6 hours in the refrigerator.
- Preservation: 1 week in the refrigerator.