

Coconut Yogurt Parfait

Homemade Coconut Yogurt

Ingredients:

- 19oz can Coconut cream or 14oz can Coconut milk
- 1/2 cup live culture yogurt
- 1/2 tablespoon vanilla extract
- 2 tablespoons of honey or agave sweetener or 1/2 tablespoon of monk fruit sweetener (add amount of sweetener to your taste preference)

Utensils Needed:

- Wooden spoon only
- Glass Jar only
- Cheese Cloth
- Rubber band

Directions:

- Sterilize a wide mouth glass jar:
- Pour boiling water into and over jar and wooden spoon. Then dry jar and spoon and let them cool down back to room temperature before adding your cream or milk.
- Shake your can of coconut cream (or coconut milk well). Then open and pour into your sterilized glass jar. Add your cultured yogurt and stir until combined. Cover top of jar with layers of cheese cloth and secure with a rubber band around mouth of jar. You can also use a clean kitchen towel. (You want your mixture to breath but not let anything get in.) Next wrap another thick towel or cloth around the jar and place in warm place like an oven (do not turn on oven) or cabinet. NOTE: If your home is around 75 degrees then you can leave on a counter.

- Leave in oven for 24 hours. After 24 hours check on yogurt. Remove cheese cloth. NOTE: If yogurt smells really badly or has mold on it then throw it away and start again. Something may have occurred during your sterilization process or culturing process that allowed bacteria to enter.
- If yogurt appears to be ok then taste a bit of the yogurt. If tangy enough for your taste, then remove jar, stir, put a top on it, and refrigerate for 4 to 6 hours or even overnight. If you would like more tanginess, then leave in oven for another 12 to 24 hours.
- NOTE: If your yogurt separates, just stir it or you can scoop off thick part and discard the water. In the fridge the yogurt will thicken and harden into Greek yogurt consistency. After refrigeration stir in vanilla extract and sweetener. The yogurt will keep in fridge for 7 to 10 days.

Parfait

Ingredients:

- 1 cup coconut yogurt
- Add amounts of the following according to your taste preference:
 - Sliced almonds, walnuts, pumpkin seeds, chia seeds, blueberries, strawberries, blackberries, raspberries
 - 1/4 teaspoon Vanilla extract
 - 1/4 teaspoon cinnamon

Directions:

- In a bowl mix yogurt with vanilla extract and cinnamon and stir until combine
- Assemble the parfait:
 - In a glass or bowl and 3 tablespoons of yogurt, then sprinkle on your nuts and seeds. Then repeat process to get a layered effect. enjoy!



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