

COCONUT YOGHURT – PROBIOTIC CAPSULES

**Using a Multicooker - on yoghurt setting
(read on for other methods if you don't have a multicooker)**

Ingredients:

3 cans Ayam Coconut Cream
2 probiotic capsules (i use Orthoplex Green - Multiflora)
2 Tbsp organic maple syrup



Method:

1. Place all ingredients in to a multicooker and mix well with a wooden spoon.
2. Place lid on cooker and set on yoghurt setting for twelve hours
3. Once finished, stir and then pour into a large glass jar or glass container/s you can stir with a wooden spoon or on very low in a blender.
4. Store in fridge and consume within 2 weeks

COCONUT YOGHURT – PROBIOTIC CAPSULES CONT'D

Using a jar

Ingredients:

- 3 cans Ayam Coconut Cream
- 2 probiotic capsules (i use Orthoplex Green - Multiflora)
- 2 Tbsp organic maple syrup or 2 heaped Tbsp Coconut sugar

Instruments/tools:

- Roast thermometer to check temp
- Saucepan
- Wooden spoon
- Large glass jar
- Teas towel for wrapping



Method:

1. Place coconut cream in to saucepan mix well with a wooden spoon on low to medium heat. Turn off before it boils and stir in maple syrup or coconut sugar
2. Leave thermometer in the coconut cream and monitor until it drops in between 30-40°C. Once it has cooled to that temp, quickly stir in probiotics.
3. Pour into vessel, secure lid and wrap with a thick tea towel to keep warmth in for 12 hours.
4. After 12 hours test for that zingy taste. Leave for another 4-6 hours if too sweet.
5. Stir with a wooden spoon and put in fridge
6. Consume within 2 weeks