

Food Babe's Coconut Milk Made With Coconut Manna



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	0 mins	5 mins	8

<https://foodbabe.com/3-ways-make-coconut-milk-without-cracking-coconut>

Ingredients:

- 1 cup coconut manna
- 3 cups filtered water

Instructions:

1. Place the jar of coconut manna in a bowl of warm to hot water to allow the manna to soften.
2. When soft, place the manna and water in a blender and blend on medium speed until combined.
3. Strain through a nut milk bag or fine mesh strainer

Notes:

- For a lighter version use $\frac{3}{4}$ cup coconut manna.