

Food Babe's Coconut Milk With Canned Coconut



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:

- 4 cups filtered water
- 14 fluid ounces coconut milk

Instructions:

1. Blend or shake really hard and serve.

Notes:

- Please choose coconut milk that is in a BPA-free can and organic, such as Natural Value brand