

Food Babe's Coconut Milk With Shredded 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:

- 2 cups shredded unsweetened coconut
- 4 cups filtered water

Instructions:

1. Place the ingredients in a blender and blend on high for 1-2 minutes.
2. Strain through a nut milk bag or fine mesh strainer.

Notes:

- Please use organic ingredients if possible