

Food Babe's Homemade Coconut Milk



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	0 mins	15 mins	2

<https://foodbabe.com/sweet-banana-in-coconut-milk-elephant-camp-dinner-at-four-seasons-tented-camp>

Ingredients:

- 1 ½ cups dried unsweetened coconut
- 2 ½ cups filtered water

Instructions:

1. In a high speed blender, combine coconut water, meat and filtered water and blend until smooth. (Note: you can use the meat of one large mature coconut if available)
2. Using a strainer or nut milk bag, separate the pulp from the milk (Note – Don't throw away the pulp, I'll be sharing a recipe on how to use it soon).

Notes:

- Store milk in an airtight container in the fridge up to 5 days (Note – the coconut milk will separate, shake well before serving again)
- Please buy all organic ingredients if possible