

Homemade Coconut Milk recipe

***Bonus: you can make your own coconut flour, too!**

Here's how:

1 part coconut (almonds and cashews work well for this also)
4 parts pure water. Soak overnight.

The next morning blend the entire mixture on liquefy for five full minutes in your blender. (you may need to do this in batches). Strain with cheesecloth (Believe it or not, I've used pantyhose with great success, too). With the pantyhose - I stretch a new, clean knee high over a gallon pitcher. *Soak the new high hose in boiling water for a minute or two with a few drops of bleach first.

After milk is separated from solids add a small amount of honey and / or vanilla to the milk and cool. Take the left over coconut or nut "pulp" and dehydrate it in your oven (on the lowest setting).

Simply spread the mixture out on cookie sheets lined with parchment paper. I store mine in the freezer.

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