

Coconut Kefir

Makes 2 cups

What you'll need...

1 can	organic coconut milk
$\frac{1}{2}$ cup	filtered water
1-2	probiotic capsule (min 5 strands, 5 billion active cells)
1	500mL jar, sterilized

What to do...

1. Add coconut milk and water to blender. Open probiotic capsule(s) and add contents.
2. Pour mixture into sterilized jar. Cover with paper towel or cheese cloth.
3. Culture at room temperature for 6-36 hours. Taste often with a sterilized spoon to desired taste.
4. Store in the fridge for 3-5 days.