

Coconut Kefir

Kefir is liquid yogurt and tastes great!
How to have yogurt and not have it come from cow!

2 cans of coconut cream - (Walmart or Trader Joe's carry it typically)



Kefir grains for milk - one packet (buy this at a health food store, such as Lorien's or Main Market coop on Main street in Spokane)



Put both ingredients in a one quart jar and stir well.

Keep the mouth of the jar open with cheese cloth for 24 to 48 hours. Keep in a warm place.



Put the lid back on and put it on the refrigerator where fermentation will cease.

As the days pass, the liquid will turn into more of a yogurt texture.

When you have eaten half of the jar, scoop 2 to 3 large spoons out and add that into another quart jar full of 2 cans of coconut cream and repeat the process.

Have fun and enjoy your new bugs and your happy body!

