



Prep Time: 15 minutes | Total Time: 15 minutes | Cost \$

## Ingredients

The flesh from one coconut  
2 - 16.9oz bottles of water

\*This recipe yields just over 1 quart (4.5 cups) of coconut milk. To make a lower fat coconut milk you can repeat the process with the left over coconut pulp with one bottle of water, or add 2 additional bottles of water to the original recipe.

- Coconut milk will naturally separate. Before use, allow to come to room temperature, then agitate before use.

**Tools:** High Speed Blender i.e. Blendtec or Vitamix

**Skill level:** Beginner

**Notes:** For about \$1 you can yield an approximate savings of \$15.

## Directions

1. Place coconut flesh and water in high speed blender and blend on high for 35 seconds
2. Pour mixture through a sieve or cheesecloth; compressing the coconut pulp as you go.
3. Pour coconut milk into a storage container and place in refrigerator.
4. Store coconut pulp in an airtight container and store in refrigerator. Pulp can be used in smoothies, on salads, in raw desserts, or dehydrate and store in an airtight container and store in pantry.