

MAKING COCONUT KEFIR PUDDING

To make a delicious coconut pudding/yogurt dessert you will need to crack open the entire young coconut to reach the delicate meat inside. To crack the coconut, you will need a meat cleaver and a rubber mallet. Place the coconut on its side and hammer the cleaver into the coconut with the rubber mallet. This will yield two halves of the coconut.

To remove the meat simply take a spoon, turn it upside down and push and scoop out the young meat from each half and put into the refrigerator. You will want to wait for the coconut water to ferment into kefir to use as a starter for this coconut pudding. Once your kefir is ready, put the coconut meat into the blender or food processor along with some warm, filtered water and blend until slightly thick and smooth. Don't make the puree' too thin. Pour the puree' into a jar with a tight fitting lid (a mason jar works best) and stir in some of the previously fermented coconut kefir water.

Cover tightly and ferment for only 12 hours at the most then place in the refrigerator. It ferments FAST so be careful when opening the jar. I learned this the hard way and I got a face full of coconut pudding! It should taste pleasantly coconut-ish and tart. It always tastes better after a day in the refrigerator! You can whip up some raw cream with Stevia into a delicious whipped cream and top your coconut yogurt with it and add some soaked, slivered almonds with a mint leaf for a healthy dessert.

To order Kefir starter for making coconut kefir and pudding, please visit **www.culturednutrition.com** or call (877) 773-9229.