



Young Coconut Kefir

Source: Darci Nick

3 young coconuts—can be purchased at Asian markets. Usually \$10-15/ case for 9 coconuts. Whole Foods is more expensive
1 32 oz. mason jar with lid/ seal

Kefir Starter—available from Body Ecology, Vitamin Cottage, Whole Foods

Drain the juice from the coconuts. There is a soft hole in the bottom of the coconut. Use a sharp instrument to break through and drain the juice. Once the juice starts coming out, drain into a clear cup. If the juice is pink, the coconut has gone bad. Put the juice of 3 coconuts in jar (should fill jar to top). Add one pack of starter culture. Shake and set on counter for 24 hours. Shake after 24 hours, refrigerate. Drink approximately 2-4 oz. per day with meals.

Reserve ¼ c. kefir and use to start next batch. You can transfer up to 7 times. Most people only transfer 5 times.

Young Coconut Pudding

After draining juice from coconuts, break open the coconut with a knife for the meat. Spoon out the meat of the coconuts and put in your blender. Once you have kefir fermented, pour juice into the blender to moisten the meat. Blend.

These are very healing foods to the gut and body as a whole. You can add stevia or glycerin to sweeten.

Body Ecology sells CocoBiotic, which is a way more powerful form of coconut kefir. If you use this product, then start with 1 T. per day as opposed to 2-4 oz. of the homemade version.

For more healthy recipes, visit my website: [Resources>Healthy Recipes](#)

Also, cultured vegetables possess the same health benefits as Young Coconut Kefir.

To learn more, request your free copy of **Old Fashioned Probiotics & Enzymes: Cultured Horticulture**.