

Serving suggestion

*How to make
your own*

Coconut Yoghurt



Available online at
www.madmillie.com

Mad Millie
AS FRESH AS CAN BE

COCONUT YOGHURT

Prep time: 30 mins

Ready in: 15 - 20 hours

Makes approx. 800 g (1.7 lb)

Ingredients

800 mL (27 US fl oz)
coconut milk or cream
(at least 60% coconut solids)

2 Tbsp thickener

2 Tbsp raw sugar

½ sachet yoghurt culture

A handful of ice

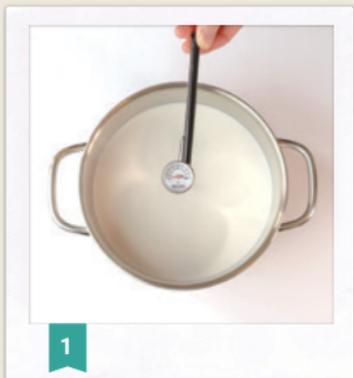
TIP: For best results it's important the coconut milk or cream has the correct amount of fat and minimal water. Look for a product with:

- At least 17 g/100 mL fat (0.6 oz/3.4 US fl oz)
- At least 60% coconut solids

This information is found on the ingredients listing as coconut extract or coconut solids eg. coconut extract (63%).

The higher the fat content and coconut solids, the thicker and more creamy the coconut yoghurt will be.





Heat coconut milk over a medium heat to 50 - 55°C (122 - 131°F) while stirring.



Mix thickener and sugar together. Add $\frac{1}{2}$ cup (125 mL) of heated coconut milk and mix to a smooth paste.

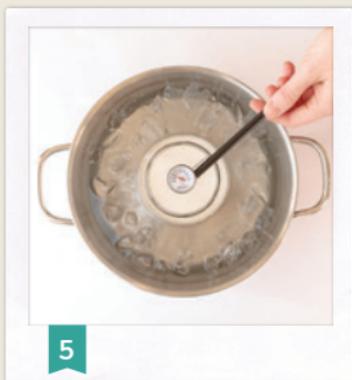


Add paste to the pot and mix in well with a whisk.



Heat and continue to stir until the mixture starts to thicken (75°C/167°F). Transfer to the jar.





Cool to 40°C (104°F) in an ice bath before adding yoghurt culture.



Leave in a warm place (35 - 40°C/95 - 104°F) for 15 - 20 hours to ferment.



Test if yoghurt is slightly sour and has thickened. If not, ferment for an extra 5 hours.



Place in the fridge where it can be **stored for up to 2 weeks**. It will thicken up even more in the fridge.

CHOCOLATE COCONUT YOGHURT

Prep time: 30 mins Ready in: 15 - 20 hours

Makes approx. 800 g (1.7 lb)

Ingredients

800 mL (27 US fl oz) coconut milk or cream
(at least 60% coconut solids)

2 heaped Tbsp raw cacao powder or cocoa

2 Tbsp thickener

2 Tbsp raw sugar

½ sachet yoghurt culture

Use the same method as coconut yoghurt
but add the raw cacao powder
or cocoa at step 1.

Serving suggestion



Ever had trouble keeping your yoghurt at the right temperature? Us too.

To help you get that tangy, yoghurt flavour, we've worked with designers and created a Mad Millie double-walled, stainless steel culturing flask.

This is the easiest way to maintain temperatures of 30 - 40°C (86 - 105°F) overnight and allow cultures to work their magic.

Other options are a warmed up and turned off oven, a warm water bath or wrapping your jar in towels and placing it in a warm spot.



Mad Millie Coconut Yoghurt Kit contains live cultures that are ready to help you create a delicious, dairy free coconut yoghurt. Our live Acidophilus and Bifidobacterium don't just make for tasty coconut yoghurt but they're great for you too!

Your Coconut Yoghurt contains these active bacteria strains:

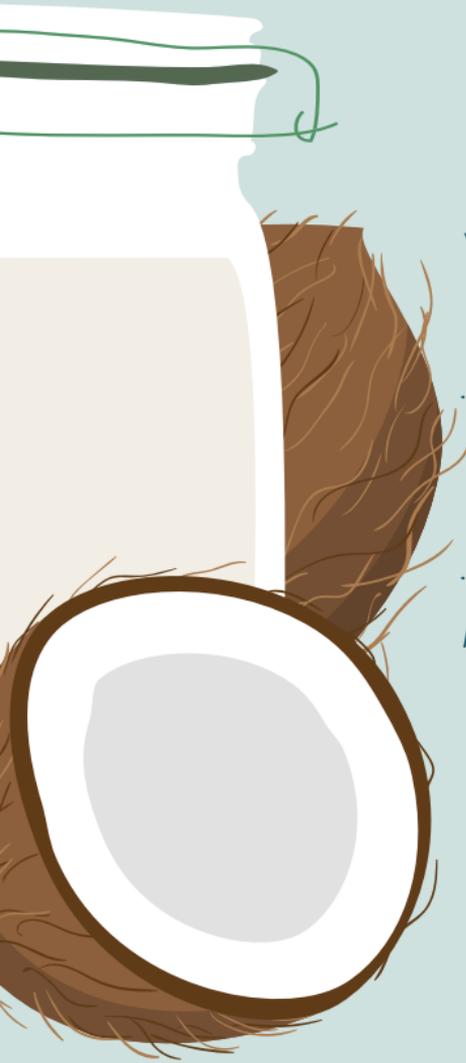
- Streptococcus thermophilus
- Lactobacillus delbrueckii subsp. bulgaricus
- Bifidobacterium lactis
- Lactobacillus acidophilus



Want to experiment further?

Visit www.madmillie.com to find recipes for **Coconut Chia Seed Pudding** and a divine **Coconut Yoghurt Smoothie**. Both recipes use your homemade, all natural coconut yoghurt!

While you're there, top up on your yoghurt culture.



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Join our community and share your creations and learnings by tagging **@madmilliekits** and **#madmilliemade** to be in to win every month!



madmilliekits

Mad Millie Kits and equipment are designed to make it fast and simple for you to create beautiful, artisan food in your own home. For more kits and consumables, along with some helpful tips and how-to videos, visit

www.madmillie.com