

Super Thick Coconut "Yogurt"

Vegan, gluten-free, grain-free, no bake/raw, nut-free, oil-free, soy-free



This “shortcut” coconut yogurt is as simple and fresh as it gets! I occasionally buy coconut yogurt from the grocery store, but when I want something that is super fresh and without any added ingredients I will make this version for a fun treat. Granted, it's not a true yogurt since there's no fermentation, but I love how quick this version is. I often take the shortcut by purchasing frozen coconut meat (found in the freezer section of some health food grocers, like Organic Garage or Whole Foods) rather than buying young coconuts. Once the meat is thawed it just takes a minute of blending to create a yogurt with a texture similar to Greek yogurt. If you are well-versed with young coconuts and a cleaver, feel free to scoop out the flesh the old-fashioned way too! I recommend making this recipe in advance so it has time to chill in the fridge. Thanks to [Gena](#) from [Choosing Raw](#) for the recipe inspiration!

Ingredients:

- 2 cups fresh young Thai coconut meat (or thawed Young Thai Coconut Meat, see headnote)
- 1/2 cup coconut water (or use filtered water in a pinch)
- 1 tablespoon fresh lemon juice (reduce for a less tart flavor)
- 1/4-1/2 teaspoon probiotic powder, optional (you can empty probiotic capsules, if desired)
- pinch of pink salt or fine grain sea salt
- liquid sweetener to taste (I use 1 tablespoon natural cane sugar)

Directions:

1. Add all ingredients into a high speed blender and blend on low, gradually increasing the speed to high, until super smooth. Keep blending until it's not grainy anymore. Adjust sweetness to taste by adding sweetener if desired and blending again. I add a tablespoon of cane sugar and blend on high to pulverize it in my Vitamix.
2. Spoon the yogurt into an air-tight container and chill in the fridge for at least a couple hours.
3. Serve with granola and chia seed jam, parfait-style, if desired. Or simply enjoy alone. This yogurt is also great mixed into vegan overnight oats or added to smoothies! I'm not positive on the shelf life because we usually enjoy it within a couple days, but I imagine it lasts at least a few days in the fridge in an air-tight container.

Tip: In the photo, I made parfaits with strawberry-raspberry [chia seed jam](#) paired with a granola that I'm testing for my next cookbook (in the meantime, check out my [Lightened Up Summer granola](#) and the granola clusters in [the Oh She Glows Cookbook](#))

Recipe by Angela Liddon