

## Almond / Coconut Yoghurt

### (cultured almond/coconut)

1 cup Raw almonds soaked for 24 hours

Meat of 2 Young Thai coconuts

Water of approximately one Thai Coconut

4 capsules Non-dairy Probiotic or ½ tsp  
Probiotic Powder

Simply put the soaked almonds, young coconut  
meat, probiotics and enough coconut water  
to blend the mixture into a VitaMix TurboBlender,  
Blendtec or other high speed blender.  
Blend at medium speed till smooth. Pour into  
a mason jar. Cover and let sit at room  
temperature for 3-4 hours then refrigerate.

Peeling the almonds is optional, for a  
smoother creamier texture. Serve with a  
drizzle of raw honey or fresh fruit – or  
use as a base for a healthy smoothie.



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