

*GreenSpirit*



## **Coconut Yogurt**

1 cup young coconut meat \*  
½ cup coconut water  
2 teaspoons agave nectar  
1 tablespoon lemon juice

Blend all ingredients until smooth and creamy.  
Great served over a bowl of fresh cut up fruit, berries or raw granola.  
Top with ground flax seeds for added nutrition.

\* Young Thai coconuts can be purchased at many grocery or Asian food markets. They are the white coconuts with a pointy top. If you don't know how to open coconuts easily, check out this video . Pour the water out into a large glass. To get the meat out of the coconut, run your finger around the top between the meat and the shell, loosening up the meat. Than use a firm rubber spatula or a spoon the reach all the way down to loosen the rest. If you're lucky and have a coconut with nice, thick meat you may get it all out in one piece! Sometimes the meat is much thinner, that's ok, it will just come out in pieces and you may need more than one coconut. Once you get the hang of it, opening coconuts is easy!

**Makes 1 cup**

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