

Coconut milk yogurt and Labneh (salted, strained non-dairy cheese)

Ingredients

1 can (13.66 ounce) Thai Kitchen organic coconut milk

5 capsules probiotic

To make Labneh:

1 teaspoon salt

juice of 1 lemon

Method

1. Wash a spoon and a 2-4 cup glass jar with lid in soapy water then sterilize spoon and jar by pouring boiling water over all interior surfaces, mouth and lid. Let cool for a few minutes then pour out the hot water. Keep spoon sterile by keeping it in the jar while preparing yogurt.
2. Open the can of coconut milk, pour into glass jar and stir with the clean spoon to smooth out any lumps.
3. Open up the probiotic capsules into the coconut milk and stir to mix with the clean spoon.
4. Screw clean lid onto jar and leave it on the kitchen counter at room temperature for 3 days. Shake the jar two times a day. After 3 days, refrigerate to thicken for about 12 hours. Coconut yogurt is good in the refrigerator for about 2 weeks.
5. To make a soft coconut yogurt non-dairy spread (similar to labneh, a Lebanese soft cheese), simply drain some of the liquid off the yogurt. You do this by adding 1 teaspoon sea salt and lemon juice (juice of 1 lemon) to the batch of coconut yogurt. Place the yogurt in a double or triple thickness cheesecloth set in a sieve. Place the sieve over a bowl to catch the draining liquid. Leave in the refrigerator for 24-36 hours. Remove from the cheesecloth. Eat as is (similar to sour cream or soft cream cheese) or embellish with olive oil, fresh or dried thyme, za'atar (toasted sesame seeds and dried thyme).

Notes



A little of this rich and creamy yogurt goes a long way. Use a probiotic that has no added herbs or supplements. Don't use *Saccharomyces boulardii* as it is a beneficial yeast, not a beneficial bacteria.

(Yield: 2 cups yogurt or about 1 cup labneh)