



Coconut milk

10'
Hands on

4
Portion(s)

1
Difficulty



Method

- In a blender, add the coconut, 700 g water and salt. Beat for 2 minutes on high speed, until the coconut dissolves.
- Add the remaining water and beat for a few seconds.
- Place a strainer over a [bowl](#). Line the strainer with a cheese cloth and pour the mixture into it.
- Let it drain and wring the cheese cloth to remove all of the liquid.
- Serve in glasses.

To serve

- [Peel the avocado](#) and remove the pit.
- In a blender, add the milk and the avocado. Beat until incorporated.
- Serve in glasses.
- Place a [pot](#) over medium heat. Add the milk and 1 teaspoon of ground cinnamon.
- Whisk until incorporated.
- When the mixture comes to a boil, remove pot from heat.
- Serve warm or allow it to cool down and enjoy.

Ingredients

- 160 g ground coconut
- 900 g water, at room temperature
- 1 pinch salt

To serve

- 1 avocado(s)
- 1 teaspoon(s) cinnamon, ground

Διατροφικός πίνακας

Nutrition information per 100 gr.

| | | | |
|--------------------------|----------------------|-----------------------------|---------------------------|
| 98 Calories (kcal) | 9.4 Total Fat (g) | 8.1 Saturated Fat (g) | 1.0 Total Carbs (g) |
| 5% | 13% | 41% | 0% |
| 0.9 Sugars (g) | 1.0 Protein (g) | 3.2 Fibre (g) | 0.06 Sodium (g) |
| 0% | 2% | 13% | 1% |