



Vegan coconut yogurt

20'
Hands on

4 hours'
Hands off

240'
Cook Time

4
Portion(s)

1
Difficulty



Method

- In a [bowl](#), add the agar-agar along with the water and mix with a spoon.
- Set aside until needed.
- Place a [saucepan](#) over medium heat and add the milk. Let it simmer for 3-4 minutes until it starts bubbling.
- Pour the agar-agar mixture into the saucepan and stir until the agar-agar is completely dissolved.
- Remove the saucepan from the heat and transfer the mixture to a bowl.
- Stir with a spatula until the mixture reaches 45° C (110° F).
- Open a capsule and pour the powder into the bowl with the milk.
- Whisk and divide the mixture into ovenproof bowls.
- Cover the bowls with plastic wrap and transfer to the oven.
- Heat the oven to 50° C (120° F) and cook the yogurt for 4 hours.
- Remove the bowls from the oven and transfer to the refrigerator for at least 4 hours until the yogurt thickens completely.
- In a blender, beat the yogurt for a few seconds to make it fluffy, and serve with [strawberry jam](#) and blueberries.
- Seal it airtight with plastic wrap and store in the refrigerator for up to 6 days.

Ingredients

- 2 teaspoon(s) agar-agar, powder
- 60 g water
- 750 g coconut milk
- 1 capsule probiotic supplement, vegan

To serve

- 100 g [strawberry jam](#)
- 100 g blueberries

Διατροφικός πίνακας

Nutrition information per portion

40 Calories (kcal)	1.7 Total Fat (g)	1.7 Saturated Fat (g)	4.9 Total Carbs (g)
2%	2%	9%	2%
3.4 Sugars (g)	0.5 Protein (g)	2.2 Fibre (g)	0.25 Sodium (g)
4%	1%	9%	4%