



**GENESIS**  
-HEALTH REVOLUTION-

# ← *Recipe Card* →

## **Homemade Coconut Milk**

### *INGREDIENTS:*

- 1C organic (preferred), unsweetened, dried and shredded coconut
- 1 1/2 C hot water.
- Pinch of salt

### *DIRECTIONS:*

- Blend coconut, salt and hot water until well blended.
- Pour into a nut milk bag and squeeze milk through it.
- Use as you would canned coconut milk. This milk is not thick like full fat.



