

Homemade Coconut Milk

Submitted by Michelle Broussard-Hanes

“Homemade coconut milk has more nutrients and a more delicate taste than coconut milk bought in cans”.

Ingredients

**stainless steel pot—tastes better in the end if done in stainless

1 bag of Kroger ***unsweetened*** coconut flakes

8 cups of reverse osmosis or purified water

raw, local honey (according to your taste preference)

1 pkg Cheesecloth (Kroger sells it), divided in two

1 colander and Bell/Mason glass jars

Pulverize coconut in food processor until finely ground--allow to spin for several minutes. “Traumatize” the cell walls of the coconut so that it releases more milk later on in the process. Bring water to a rolling boil. Drop in the pulverized coconut, stir for a minute, cover and turn OFF the heat. Allow to steep until it becomes only *slightly warm* (you'll want it warm enough to just barely help the honey to melt). It may take 45 minutes before the coconut water is only warm...

Frappe on the highest speed in a blender for several minutes (at last 3 minutes) each “batch”. Frappe 2 cups at a time so that each batch can be rich and have more access to the blender blades. Divide the length of Cheesecloth in two. Fold the first length of Cheesecloth several times so it increases in thickness. This first length will capture the majority of pulp. Carefully gather the edges of the cheesecloth and squeeze hard to extract all the liquid. Discard cheesecloth and pulp. Use the second piece of Cheesecloth to double strain the coconut milk. Once you have the “pure” coconut milk--THEN ADD THE HONEY. Place in sealed glass jars in the fridge. Consume within a few days. The rich and very healthy coconut fat/oil will rise to the top of the glass jar. You may simply remove the fat, freeze, and use later for baking. New research has shown coconut fat/oil is ***incredibly healthy***. The combination of coconut milk and raw honey is a powerful boost for the Immune system during the winter months (or any time of the year!)

NOTE: If you wish to have a “creamier” batch, use 2 bags of Kroger unsweetened coconut flakes, but the same amount of water. Do not use pre-sweetened coconut flakes as there is very little nutritive value once the flakes are covered in high fructose corn syrup.

During fasting, thankfulness grows toward him who has given humanity the possibility of fasting. Fasting opens the entrance to a territory that you have scarcely glimpsed; the expressions of life and all the events around you and within you get a new illumination, the hastening hours a new, wide-eyed and rich purpose. The vigil of groping thought is replaced by a vigil of clarity; troublesome searching is changed to quiet acceptance in gratitude and humility. Seemingly large, perplexing problems open their centers like the ripe flowers; with prayer, fasting and vigil in union, we may knock on the door we wish to see opened. Orthodox Gleanings