

Coconut Milk



Serves	2 1/2 cups
Prep time	40 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Moderate Chemical , Salicylates & Amines
Meal type	Drink , Ingredient
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold
Website	always order dessert

Ingredients

- 1 coconut
- 2 cups boiling water

Directions

1. Drain the coconut water from the coconut and set aside.
2. Crack open the coconut and remove the flesh. Remove any discoloured pieces of flesh and chop into small pieces.
3. Place the coconut water, coconut flesh and boiling water into a food processor and process for about 5 minutes. The coconut should be finely chopped and frothy.
4. Pour the coconut through a sieve over a large bowl and let the coconut milk drain into the bowl. Use the back of a spoon to press down on the coconut and remove as much liquid as possible. You now have coconut milk and coconut pulp.
5. Pour the coconut milk into a lidded container or jar and store in the fridge for up to 3 days. It can also be frozen in ice cube trays and portions defrosted as required. If the milk separates, give it a good shake before using.
6. The coconut pulp can be used in place of shredded or desiccated coconut and can also be stored in the fridge for a few days or longer in the freezer.



Note

Moderate Amines, Moderate Salicylates, Low Glutamates.

Refer [here for instructions on how to open coconuts](#).