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Coconut Milk Yogurt:

Ingredients:

- 1) 3 cans of full fat coconut milk: contains only coconut and water.
- 2) 1 Large glass jar and something to cover it with: cheese cloth, paper towel, coffee filter
- 3) 4-6 capsules of multistrain probiotic (8-10 strains. Try Cytomatrix Multistrain 11, NFH Recovery SAP).

Directions:

- Pour the coconut milk into a large glass jar
- Open up the probiotic capsules and pour the powder into the jar
- Cover the top of the jar with the cheesecloth
- Let it sit for 24-48 hours at room temperature
- Place on lid and refrigerate

To make more:

Add $\frac{1}{4}$ cup of coconut milk yogurt to a new jar full of coconut milk and let sit covered at room temperature for 24 hours.

Consume a couple of tablespoons a day for probiotic benefits, or eat with berries for a yogurt parfait or in smoothies, or plain.

Recipes:

Yogurt parfait:

$\frac{1}{2}$ cup coconut yogurt, 2-3 tbs gelatin (or collagen), berries, pumpkin seeds, honey or stevia

Smoothie:

$\frac{1}{2}$ cup coconut yogurt, 1 cup leafy greens, 1 cup berries, 3 tbs gelatin or protein powder like Vega, almond milk or water.

Other gut healing ingredients:

Gelatin: provides collagen that heals leaky gut, balances the immune system, heals skin, cellulite, and joints. Also a hypoallergenic protein. Glycine in gelatin calms the mind and lowers inflammation.

Potato starch: resistant starch that feeds healthy gut bacteria in the colon, brings down blood glucose and lowers the glycemic index of foods.

Ground flaxseed: A fibre, balances estrogen levels, a source of healthy omega 3 fats.

Cocoa powder: flavonoids that increase diversity of the bacteria in the gut.