

Coconut Vanilla RAWgurt

Although quick and easy to prepare this recipe makes a light but very satiating and delicious meal. A delightful breakfast on a sunny summer day...



INGREDIENTS:

1 young Thai coconut

1 tbsp raw agave nectar (or honey) or 3 dates

1/4 tsp vanilla extract

1/4 tsp hazelnut extract

Pinch of sea salty

Your favorite fresh fruits and berries (we used ripe mango, strawberries and mulberries)

Some yacon syrup or honey for garnish



DIRECTIONS:

Place the coconut meat, coconut water, agave nectar, vanilla extract, hazelnut extract and sea salt into a blender. Blend until it becomes a smooth creamy consistenc. Add more coconut meat or water if necessary to make a more “yogurty” consistency.

Serve the RAWgurt in your favorite bowl. Decorate with chopped fresh fruits and berries. Nicely pour some yacon syrup or honey on top. Enjoy!