

Mark's Kitchen

drhyman.com

Blueberry Paleo Vegan Yogurt Recipe

Serves: 1

Ready in: 5 minutes

Only one more week until my new book, [Eat Fat, Get Thin](#) hits the shelves! Since I've announced the release of this new book, I've been overwhelmed by the amount of support I've gotten from other experts in the health space. The low-fat era is finally coming to an end!

This week I wanted to share a recipe with you from [Gluten Free School](#) - a site dedicated to teaching gluten-sensitive women simple, savvy and empowering ways to get healthy. The recipes and tips on this website are great, and I love this simple, homemade yogurt made with coconut butter, one of my favorite fats! I know you're going to love it. Enjoy!

Ingredients

- 1 cup blueberries, rinsed
- 1 tablespoon coconut butter
- ¼ teaspoon vanilla (gluten- and alcohol-free)
- 1 teaspoon fresh lemon juice
- 1 pinch sea salt

Step 1: Add all ingredients to a blender.

Step 2: Blend on high until creamy

Step 3: Serve immediately or store in an airtight container in the fridge for up to 2 days.

Nutritional analysis per serving

Calories 177 • Fat 9 g • Saturated fat 8 g • Fiber 6.9 g • Protein 2 g • Carbohydrate 24 g • Sodium 250 mg

