COCONUT MILK AND ALMOND FLOUR

Ingredients
250 g almonds
hot water
Three coconuts

Directions
Coconut milk: Take three coconut seeds and empty them of the water by squirting them from the bottom. Then we peel the coconut and grate it. In a blender, put the grated coconut with hot water (for every cup of coconut we add two to three cups of hot water). And leave it for ten minutes in the blender. After that, we mix well for three minutes. Then we filter the coconut in a colander and cut white gauze and put the liquid or milk in a bowl. Coconut flour method: We take the coconut skin that we used in coconut milk and spread it in a tray and put it in the oven at a medium temperature of 150 degrees (on the fan) and we move the coconut skin every two minutes while it is in the oven. After that, we grind it well until it becomes flour Almond milk: Take two cups of blanched almonds and put them in a blender with the addition of three to four cups of hot water. We leave them in the blender for ten minutes, then mix well. After that, we filter the almonds in a white cloth. Almond flour: We take the ground almonds used in milk before, extend it on a tray and put it in the oven at an average temperature of 150 degrees. Then we stir every two minutes until the almonds are well dried. Then we grind the almonds, and this is how we have the almond flour

CHEF OMAR

Bon Apetit!