

Coconut Milk Challenge | What Can You Do with It?

Guided by Nature, Living Well

This Month's Challenge

Let's bring new life to a timeless ingredient — the humble coconut. This month, you're invited to create your own creamy, plant-based milk and use it as the foundation for something nourishing and new. It's a chance to reconnect with simplicity, hands-on making, and the magic of natural ingredients.

Steps to Follow

Step One — Watch the video to learn how to make your own coconut milk from scratch

Step Two — Use your homemade milk as the base for a new creation — try a soup, sauce, smoothie, dessert, or something entirely your own

Step Three — Use the template to write out your recipe, honoring each ingredient

Step Four — Share your final creation using #FruitifulSoulChallenge and tag @FruitifulSoul so we can celebrate with you

I've provided a template below for you to use! Fill it out with your recipe and enjoy!

Reflection Prompt

How does it feel to transform a single, whole food into something rich and nourishing with your own hands? What does this process teach you about creativity, patience, or pleasure?

Creative Share

Use #FruitifulSoulChallenge and tag @FruitifulSoul so we can celebrate your creativity

Video & Resources

[Link to Template](#)

Link to Video

Nurture your body, nurture your soul

Follow our journey!

