

## Homemade Yogurt

*Makes 1/2 gallon or 2 quarts*

3 cups water

2 cups non-fat dry milk powder (instant)

1 capsule probiotic supplement (optional)

1/4 cup plain yogurt

Spray large saucepan with non-stick pan spray. Blend 2 cups milk powder with 3 cups water using blender. Pour in saucepan. Heat milk to 180 F (almost boiling). Stir frequently to prevent scorching. Pour milk into a ½ gallon pitcher. Add enough water and ice to make ½ gallon. (This step will quickly cool the milk – temperature should around 110 F. No hotter than 115 F for the next step. When mixture has cooled enough, add opened acidophilus capsules and stirred yogurt. Mix well. Pour into pint or quart jars. Incubate for 6-8 hours. Test with a spoon, rather than jiggling. Set yogurt should be refrigerated in jars. This recipe will set more firmly as the yogurt cools.

### Incubation options:

- Pour warm milk mixture into thermal cooker. (My thermal cooker has an upper pan. I fill this pan with very hot water from the tap and place inside thermal cooker with milk mixture). Incubate for 8 hours.
- Place pint or quart jars inside dehydrator. Set temperature for 110 F for 8 hours
- If you live in a very hot climate, place jars outside. Temperature needs to be above 105 degrees for 8 hours
- Use a heating pad. Cover heating pad with towel and then place jars directly on heating pad and turn on. Cover jars with another towel to make a tent to keep the heat in.