



VEGAN YOGURT STARTER KIT

Make delicious dairy-free yogurt with soy milk, nut milks, coconut milk, and more.



What You'll Need

IN THIS KIT:

- ➔ Vegan Yogurt Starter Culture
- ➔ Thermometer
- ➔ Pomona's Pectin
- ➔ Nut Milk Bag

YOU SUPPLY:

- ➔ Additive-free soy milk or other non-dairy milk (see instructions)
- ➔ Yogurt maker or similar appliance
- ➔ Blender (optional)

➔ Go to **culturesforhealth.com/8050**
for step-by-step photo tutorials and videos!



Find these instructions & more online:
culturesforhealth.com/8050

Step-by-Step Instructions

1 CHOOSE A MILK



Nearly any non-dairy milk can be cultured (with the exception of commercial almond milk). We recommend using milk with as few additives as possible. Homemade milks culture well; to make your own, use the included Nut Milk Bag and our online instructions:

➔ culturesforhealth.com/alt-milks

2 ADD PECTIN & MAKE YOGURT

Pomona's Pectin, a calcium-activated pectin, can help make thick vegan yogurt. If you choose to use it, add it to the milk **before heating** it to make yogurt. Non-dairy milks contain varying amounts of calcium, so follow these guidelines to avoid overly thick yogurt:

- 1. Blend** 2 tsp. Pomona's Pectin into 1 cup of non-dairy milk for every quart of yogurt you're making.
- 2.** If your non-dairy milk thickens in the blender, **continue** to Step 3. If not, make calcium water according to the directions in the Pomona's Pectin box. **Add** 2 tsp. calcium water to your milk.
- 3. Add** the rest of the milk, and heat it to 140°F. **Remove** it from the heat, and let it **cool** to 110°F. From here, **follow** the instructions for making yogurt in the Vegan Yogurt Starter Culture box, starting at **Step 2**. Adjust the amount of pectin and calcium water as needed in future batches (it's a learning process!).

➔ Go to culturesforhealth.com/thicker-yogurt for recipes

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