You can make delicious, mild yogurt at home!

**Total time: 14-16 hours**  
**Active time: 25 minutes**

**YOU CAN DO THIS**

Our Mild Flavor Yogurt Starter makes a pleasantly tangy yogurt. This culture works on anyone’s schedule! You’ll need a yogurt maker or similar appliance for culturing.

### Instructions for Making Yogurt

1. **Slowly heat** 1-2 quarts milk to 180°F then **cool** to 115°F.
2. **Pour** the milk into a glass or plastic container.
3. **Add** 1 packet of yogurt starter; **mix** thoroughly.
4. **Cover** and **culture** at 105°-112°F for approximately 7-8 hours in a yogurt maker or similar appliance.

*105°-112°F  7-8 HOURS*

5. Once the yogurt has set, **cover** it and allow it to **cool** for 2 hours at room temperature.
6. After 2 hours, **refrigerate** the yogurt for at least 6 hours before consuming.
7. Your yogurt is ready to eat or use in recipes!

**Questions? We can help!**

**Q. How do I know my yogurt is set?**
A. You’ll see a change in the milk’s texture, and it will pull away from the sides of the container when it’s tilted.

**Q. How do I make larger batches of yogurt?**
A. Use 2 packets of starter to culture 1-4 gallons of milk.

**Q. How do I use raw milk to make yogurt?**
A. Go to the following URL for detailed instructions: www.culturesforhealth.com/raw-milk-yogurt

**Q. Why is my yogurt thinner than store-bought?**
A. Many store-bought yogurts contain thickeners. Drain whey or add thickeners to achieve a similar thickness. Find more info at: www.culturesforhealth.com/thicker-yogurt

**What You’ll Need**
- 1 packet of starter culture (store extras in the freezer)
- Pasteurized whole milk (avoid ultra-pasteurized or UHT milk)
- Stainless steel pot, enamel pot, or double boiler
- Culturing container (glass or plastic)
- Yogurt maker or similar appliance that holds at 105°-112°F
- Non-aluminum mixing utensil (stainless steel is OK)

**Go online to find sweet and savory flavor tips and recipes:**
www.culturesforhealth.com/yogurt-recipes

**Fermented foods often have a sour but clean aroma and flavor. Never consume anything that smells or tastes unpleasant.**