



Vegan Yogurt STARTER CULTURE INSTRUCTIONS



You can make delicious vegan yogurt at home!

Total time: 14-16 hours ★ **Active time:** 1 hour

**YOU
CAN DO
THIS**

Our vegan yogurt starter is formulated to make delicious vegan or non-dairy yogurt. This direct-set culture makes it easy to create rich, creamy yogurt at home.

Instructions for Making Yogurt

- 1 Heat** 1-2 quarts of soy milk to 110°F.
- 2 Add** 1 packet of yogurt starter; **mix** thoroughly.
- 3 Pour** the soy milk into the culturing container.
- 4 Cover** and **culture** at 108°-110°F for approximately 6-8 hours in a yogurt maker or similar appliance.
———— / 108°F ⌚ 6-8 HOURS ————
- 5** Once it has set, or after 8 hours, **place** a tight lid on the container and let it **cool** for 2 hours at room temperature.
- 6 Refrigerate** for at least 6 hours before eating.
Your yogurt may not thicken. If a thickening agent has been added, shake well before refrigerating.

What You'll Need

- ➔ 1 packet of starter culture (store extras in the freezer)
- ➔ Additive-free soy milk
- ➔ Culturing container (glass or plastic)
- ➔ Yogurt maker or similar appliance that holds at 105°-112°F
- ➔ Non-aluminum mixing utensil (stainless steel is OK)

Alternative Milks and Thickeners

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 and are easy to make! Follow our online instructions for:

- ★ Raw nut milk
- ★ Cashew milk
- ★ Coconut milk
- ★ Hemp milk
- ★ Rice milk
- ★ Sunflower seed milk
- ★ Soy milk

➔ www.culturesforhealth.com/alt-milks

We also have tips and tricks for thickening your vegan yogurt:

➔ www.culturesforhealth.com/thicker-yogurt

Questions? We can help!

Q *My yogurt didn't set. What can I do?*

A Non-dairy yogurt usually won't set until chilled, especially if it's made with thickeners. Stir or shake the yogurt before refrigerating and again after 1-2 hours. It might take up to 24 hours to set.

Q *How do I make larger batches of yogurt?*

A Use 2 packets of starter to culture 1-4 gallons of milk.

Q *My yogurt separated. Is something wrong?*

A Separation of non-dairy yogurt is normal! Just give it a stir.

**LET US
HELP**

If your starter isn't performing as expected, don't throw it away! Put a tight lid on your culture, store it in the fridge, and contact customer support: www.culturesforhealth.com

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

**WHAT'S
THAT
SMELL?**