INSTRUCTIONS FOR MAKING YOGURT

1. Heat 1 quart pasteurized milk to 160°F.
2. Cool to 110°F.
3. Pour cooled milk into a glass or plastic container.
4. Stir 2-3 tablespoons yogurt into the milk and mix thoroughly.
5. Cover and incubate at 110°F in a yogurt maker or similar appliance, for 5-8 hours.
6. Check frequently by tilting the jar gently. If yogurt moves away from the side of the jar in one mass, instead of running up the side, it is finished culturing.
7. Once it has set, cool for 2 hours, then cover with a tight lid and refrigerate for at least 6 hours.
8. The cultured yogurt can now be eaten. Reserve some for culturing the next batch.

For additional tips, troubleshooting, how-to videos, and recipes using yogurt, please visit our website.

INSTRUCTIONS FOR ACTIVATING THE STARTER

1. Heat 1 quart pasteurized milk to 160°F.
2. Cool to 110°F.
3. Pour cooled milk into a glass or plastic container.
4. Add one packet yogurt starter; mix thoroughly.
5. Cover and incubate at 110°F in a yogurt maker or similar appliance, for 5-12 hours.
6. Check after 5 hours to see if it has set. If it has not set, leave up to 12 hours, checking every 30-60 minutes.
7. Once it has set, or at the end of 12 hours, cover and allow to cool for 2 hours, then refrigerate for at least 6 hours.
8. The cultured yogurt can now be eaten. Reserve some for culturing the next batch.

- Follow the Instructions for Making Yogurt (above) to make a new batch at least once every 7 days to keep your cultures strong. Always use the freshest batch of yogurt as starter.
- Avoid aluminum utensils when making yogurt. Stainless steel is acceptable.
- Fermented foods often have a sour but clean aroma and flavor. Never consume anything that smells or tastes unpleasant.

FREE eBooks!
LEARN TO MAKE YOGURT, KEFIR, CHEESE, SOURDOUGH, KOMBUCHA, AND MORE.
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BEFORE YOU GET STARTED

- This box contains 2 packets of freeze-dried yogurt starter. Please store one packet in the freezer to use as backup.
- If at any point the culture is not performing as expected, place a lid on the jar, put the jar in the refrigerator, and contact Customer Support.
- Avoid using ultra-pasteurized or UHT milk.
- If you wish to use raw milk to make yogurt, please visit our website for detailed instructions.

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