



CULTURES for HEALTH

VIIII YOGURT STARTER

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.**

INSTRUCTIONS FOR ACTIVATING THE STARTER

- 1 Put 1-2 cups pasteurized milk into a glass or plastic container.
 - 2 Add 1 packet yogurt starter; mix thoroughly.
 - 3 Cover with a towel or coffee filter, secured with a rubber band, or put a lid on the container.
 - 4 Place in a warm spot, 70°-77°F, to culture.
 - 5 Check after 12 hours to see if it has set. If it has not set, leave up to 48 hours, checking every few hours.
 - 6 Once it has set, or at the end of 48 hours, cover with a tight lid and refrigerate for at least 6 hours.
 - 7 The cultured yogurt can now be eaten. Reserve some for culturing the next batch.
- Even if the activation batch does not set, it is still cultured and can be used to make further batches of yogurt.



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LEARN TO MAKE YOGURT, KEFIR, CHEESE, SOURDOUGH, KOMBUCHA, AND MORE.

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INSTRUCTIONS FOR MAKING YOGURT

- 1 Put 1 cup milk into a glass or plastic container.
 - 2 Add 1 tablespoon yogurt from the previous batch; mix thoroughly. To make larger batches, use 1 tablespoon yogurt per cup of milk, making up to ½ gallon per container.
 - 3 Cover with a towel or coffee filter, secured with a rubber band, or put a lid on the container.
 - 4 Place in a warm spot, 70°-77°F, to culture for 12-18 hours.
 - 5 Check the yogurt every few hours by tilting the jar gently. If the yogurt moves away from the side of the jar in one mass, instead of running up the side, it is finished culturing.
 - 6 Once it has set, cover with a tight lid and refrigerate for at least 6 hours.
 - 7 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.

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