

# Homemade Yogurt

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**Difficulty:** Medium    **Yield:** 7 servings

## Ingredients:

- 5 cups whole milk
- 5 tbsp plain yogurt
- 1 tbsp vanilla extract
- 1 tbsp sugar
- 1 cup ice (for ice bath)  
Yogurt Machine\*

## Preparation:

1. Heat the milk in a large pot until it reaches 180°F, stirring frequently to avoid forming a skin. For a thicker yogurt, hold the milk at 180°F for 20 minutes before cooling.
2. Take the milk off of the heat and place the pot in an ice bath to accelerate the cooling process.
3. Once the milk reaches 95°F, remove from ice bath and dissolve the yogurt, sugar and vanilla. Stir well.
4. Strain milk into a new bowl, then pour into individual yogurt jars.
5. Incubate for 10-12 hours **without lids** then move jars to the fridge. The longer the yogurt incubates, the thicker and more tart it becomes. Wait a few hours until the yogurt has cooled and enjoy with fresh fruit or granola.

\*I recommend the Euro Cuisine YM80 Yogurt Maker. It's inexpensive and works very well. If you do not own a yogurt machine, you can also incubate the jars under a glass cover (i.e. a large glass bowl to function as a sort of dome) in the oven at 100°F (bread proofing setting) for 10 hours.