

# Yogurt

Divide the recipe in half and use a quart (4 cup) container and cover if you want to make a smaller quantity of yogurt.

To make your first batch, you will need a small amount of store-bought yogurt. Read labels and buy a small quantity of plain yogurt that does not contain pectin, which is used to make jelly (and yogurt) thicken. Old Home plain and Land O'Lakes plain yogurts seem to work well.

## Equipment

- Clean half-gallon (8 cup) plastic container and tight fitting cover
- Pot or kettle of larger diameter and height than plastic container
- Pilot light on stove, or oven, or heating pad, or insulated cooler, etc. that holds temperature at 100-105° F for up to 8-10 hours.

## Ingredients

Depending on the cost of powdered milk compared to fresh milk, and whether you want Greek-style thick yogurt or a lower-fat version, you may want to experiment using different types of milk and proportions of powdered milk in your yogurt.

### Using only powdered skim milk

6 cups warm water (not over 100° F.)  
4 cups powdered milk  
1/3 cup yogurt

### Using milk and powdered milk

3 cups warm milk (any-skim-whole; not over 100° F.)  
3 cups warm water (not over 100° F.)  
3 cups powdered milk  
1/3 cup yogurt

### Using mostly milk for thickest and richest yogurt

6 cups warm milk (any-skim-whole; not over 100° F.)  
2 cups powdered milk  
1/3 cup yogurt

## Directions

1. Stir water, milk powder and yogurt until smooth. Pour mixture into plastic container and cover.
2. Stand container in warm water to level of milk/yogurt mix in container.
3. Keep at 100° for 4-6 hours. First batch made from commercial yogurt may take 6-10 hours or longer to thicken.
4. Refrigerate. Mark with date made. Reserve 1/3 cup of yogurt to start next batch.