

H O M E M A D E G R E E K Y O G U R T

Ingredients:

Follow the Directions that came with your initial culture starter

All Other Times You Make Yogurt

- 6 Cups Raw Organic Milk
- 1/4 Cup Yogurt Starter (from your freezer)

Directions:

1. Slowly heat up the milk to 185 Degrees F- Stir frequently as it gets to the higher temp. If a layer of milk forms on top (the skin) you can just stir that back in.

2. Maintain that temperature for approx 5 minutes. (I've also just reached the high temp and turned it off and it's worked just fine)

3. Cool down the milk on it's own accord until it reaches 115 degrees F. Stirring so it doesn't burn or form the "skin".

4. Once cooled stir in the 1/4 cup yogurt starter and place into yogurt containers. I use a yogurt maker from [Mercola](#). You can use an instant pot as well. Just follow the manufacturers directions. You could also store in a warm place, perhaps wrap it with towels and place the container(s) in a cooler (no ice). The ideal temperature is 110 degrees F for 5-8 hours.

After it has set, cover and place in the fridge. Make sure to save that 1/4 cup out and place it in the freezer for your next batch.

