

# Greek Yogurt

DELICIOUS - EASY - FRUGAL



## INGREDIENTS

6 Cups Raw Organic Milk  
1/4 Cup Yogurt

You can use other types of milk, it just can not be ultra pasturized.

This recipe uses left over yogurt that has already been activated.



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## DIRECTIONS

1. Slowly heat up milk to 185 degrees F - stir frequently as it gets to the higher temp. If a layer of milk forms, just stir it back in.
2. Maintain temperature for 10-15 minutes.
3. Cool down milk on its own accord until it reaches 115 degrees F.
3. Stir in the 1/4 cup yogurt and place in yogurt containers, and keep in a warm place, or an instant pot. Please follow manufacturer directions. If in a warm spot this will typically take over night.

**BONUS:** I use this as my sour cream!  
Each time you make this, save 1/4 cup and freeze it to use as your starter.