

# Recipes for Homemade Yogurt

By Gemie Martin

## Cold Start Yogurt

4 Cups ultra-pasteurized whole milk (I used Fair Life)  
2 Tablespoons Starter (I used Fage plain yogurt—you may be able to use just 1 Tablespoon)

Stir the starter into the milk. Put the mixture into a glass jar or bowl and cover. No need to heat it if you use ultra-pasteurized milk. Put in a warm place (not too warm) to culture. Mine cultured 9 hours on the yogurt setting in my Instant Pot. Chill before serving.

## Powdered Milk Yogurt

1 cup milk powder (I used the Family Home Storage milk from the Church)  
3 cups water (I used filtered water)  
¼ cup starter (I used Fage plain yogurt)

Dissolve the milk powder into the water as you heat it to 180° F. Let cool to 100° F. Mix the starter into a small amount of the heated and cooled milk. Stir the mixture into the milk. Pour into glass jar or bowl and cover. Put in a warm place (not too warm) to culture. Mine cultured 9 hours on the yogurt setting in my Instant Pot. Chill before serving.

## Coconut Milk Yogurt

3 cans coconut milk or coconut cream. I used two cans 365 Coconut Cream and one can 365 Coconut Milk (Whole Foods brand).

4-6 capsules probiotics (I used the Renew Life probiotics)

Mix your three cans of coconut milk/cream together well. Open the probiotic capsules and mix into a small amount of the milk/cream mixture. Stir this mixture into the coconut milk/cream. Pour into glass jars or bowl and cover. Put in a warm place (not too warm) to culture. Mine cultured 9 hours on the yogurt setting in my Instant Pot. Chill before serving.

Note: Use only the canned coconut milk unless you make your milk from raw coconuts. The milk in the carton is not good for making yogurt. Best brands are Aroy-D, Savoy, or 365 Organic (Whole Foods brand).

Additional Tips: After you have added your starter, do not use stainless steel in making yogurts. It can react with the probiotics. Try to use glass bowls or jars. Use wooden or plastic spoons to stir. Many instructional videos using the Instant Pot to make yogurts showed the yogurt being cultured directly in the stainless-steel liner—not the best idea. I put mine into Mason jars, put lids on the jars, and set the jars directly into the liner of the Instant Pot. Your Instant Pot must have a Yogurt setting to be used for culturing yogurt.

## Making Yogurt from Almond Milk

First, make the almond milk. Commercial almond milk does not work well for making yogurt.

### Almond Milk

1 cup raw almonds that have been soaked overnight, drained and rinsed well  
3-4 cups filtered water

Blend the almonds and water in a blender. Strain in a nut milk bag or use muslin or swiss voile fabric to extract the milk from the almond pulp. The pulp may be saved for baking, toppings, etc.

### Almond Milk Yogurt

2 ½ cups homemade almond milk  
1 teaspoon guar gum  
1/16<sup>th</sup> (one sixteenth) teaspoon agar agar powder (get in bulk section at Central Market)  
½ packet vegan yogurt starter (or the inside contents of one probiotic capsule) \*  
1 teaspoon honey (optional)

Pour a small amount of almond milk to a small bowl. Mix in guar gum and agar agar. Immediately whisk this mixture into the rest of the almond milk. In a saucepan, heat the almond milk mixture over medium heat, whisking constantly until it reaches a gentle boil. Continue cooking and whisking for five minutes. Strain mixture (using a regular strainer) into a glass bowl to get the lumps out. Cool this thickened mixture to between 100°-110° F. Put a small amount of cooked and cooled almond milk into a small bowl and mix in the starter. Add this into the larger batch along with the honey (if you are adding honey). Mix in well using a wooden or plastic spoon (no stainless steel). Pour into glass container (I divided it into two pint-sized Mason jars). Put in a warm place (not too warm) to culture. Mine cultured for 7 ½ hours on the yogurt setting in my Instant Pot. Chill before serving.

Tip for measuring agar agar powder: Measure out an eighth of a teaspoon and use a knife to divide it. Put the half you are not using back into the storage container. You may want to combine your thickening powders together before adding to the small amount of almond milk. For almond milk yogurt, you must use thickener. If you want a thicker yogurt you may add more thickener. There are other thickeners on the market. I tried gelatin but must have used too much. I ended up with almond milk gelatin. It was yucky. For this recipe, I chose two thickeners that are easily available. I got the agar agar powder in the bulk section at Central Market. I already had the Guar Gum, which is available at Sprouts and many other places that sell Bob's Red Mill brands. Make sure not to purchase agar agar with added sugar. Asian markets may have the powder with added sugar in their desert sections.

\* Once you have made a batch of almond yogurt, you can save a small amount (probably about 2 tablespoons) to use as a starter in your next batch.