

Food Babe's My Mom's Homemade Yogurt



Prep Time:	Cook Time:	Total Time:	Serves:
10 hrs	15 mins	10 hrs, 15 mins	4

<https://foodbabe.com/yogurt>

Ingredients:

- 4 cups grassfed organic milk
- 3 tablespoons plain grassfed yogurt

Instructions:

1. Place milk in pot on stove, heat and until milk starts to bubble (medium high heat).
2. Stir consistently to prevent skin from forming.
3. Cool milk until it is luke warm - about 110-115° F.
4. Add organic yogurt or yogurt culture to the milk
5. Pour mixture into small glass jars or one large glass container.
6. Place lid on containers, put a towel over them and store in a draft free place at room temperature.
7. Yogurt should be complete in about 6-8 hours.
8. Place yogurt in fridge for at least 2 hours before serving
9. Store yogurt in fridge for up to 1 week.

Notes:

- Please choose all organic ingredients if possible