

HOMEMADE YOGURT

INGREDIENTS:

1 quart 2% milk (you can use 1% or whole)
½ c. plain Greek yogurt, 2% for thinner yogurt, 5% for thicker, I prefer Fage brand
Six 8-oz Mason jars (or 3 16 oz size glass jars)

DIRECTIONS:

- 1) Place 1 quart of desired milk in a pot and heat over medium heat until it reaches 180-190 degrees. I use a candy thermometer that clips onto the side of the pot
- 2) Remove from heat and transfer to a glass or ceramic bowl.
- 3) Allow to cool to 110-120 degrees, using the candy thermometer
- 4) When at correct temperature, add the plain yogurt. Stir well with a whisk.
- 5) At this point, optional flavorings, such as ½ TSP vanilla extract and 3-4 TBSP maple syrup can be added.
- 6) Transfer the milk mixture from the bowl into the Mason jars. It's easier to pour the bowl contents into a 4 c. measuring cup first, then fill jars.
- 7) Place the lids on the jars, and place jars in a dish that will comfortably hold all of them
- 8) Place dish in cool oven. Turn on oven light, which will maintain the proper temp.
- 9) Allow yogurt to "set" in oven for 10-12 hours or overnight with the oven light on.
- 10) Remove yogurt from the oven. It should be solid at this point. Refrigerate and enjoy.

Yield: 32 oz.

Notes: If you would like a thicker yogurt, you can strain some of the water out of the finished product by placing several layers of cheesecloth in a colander or strainer and allow it to drain until desired thickness.

I have tried all kinds of combinations of milk and yogurt. The one I like the most is 2% milk and 5% Greek Fage yogurt. It is also pretty good with the 2% Greek yogurt, but anything less than that is too watery. I have found some of the other brands of Greek yogurt to be too tart for my taste.