

Homemade Organic Yogurt



Servings: 16

2 litres whole milk

1 cup organic plain yogurt, not greek!

Pour milk into a large heavy bottomed pot and heat over low to medium to just below the boiling point, stirring often.

Once heated, let cool for 20 minutes.

Whisk in organic yogurt.

Place large glass jars into a cooler filled with 4 to 6 inches of hot tap water.

Pour milk mixture into jars, cover with lids and cover the cooler. Set in a warm place, not in the sun or over direct heat for 3-6 hours.

Place into fridge and store for up to a month.

Per Serving (excluding unknown items): 19 Calories; 1g Fat (48.6% calories from fat); 1g Protein; 1g Carbohydrate; 0g Dietary Fiber; 4mg Cholesterol; 15mg Sodium. Exchanges: 0 Non-Fat Milk; 0 Fat.