



WELCOME TO YOUR YOGURT MAKER

We know more about yogurt than we do about appliances and we put all that knowledge and experience into designing this simple yogurt maker and recipes for you.

Making yogurt at home should be simple. Whether you're into dairy or plant based yogurts, we hope you enjoy the lack of buttons, beeps, and plastic in your new Yogurt Maker.

Please share your progress. Email us your questions, leave a review to help others, and enjoy fresh yogurt made your way.

Founder & CYO (Chief Yogurt Officer)
Country Trading Co.®
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NO ELECTRICITY NO PLASTIC

DURABLE
STAINLESS
STEEL

DOUBLE
WALLED
INSULATION

1 QUART
(950ML)
GLASS JAR



STAINLESS
STEEL LID

HYGIENIC
EASY
CLEAN

HANDY
CUP,
OZ, ML
MEASURES

LARGE CAPACITY + SPACE SAVING DESIGN

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FROM OUR CUSTOMERS

"This is exactly what I have been looking for - no plastic, just glass and stainless steel. Beautifully made, simple to use - my kids can make their own batches too! We can have yoghurt on the go easily and cheaply - no electricity needed to be left on for hours... small IS beautiful." - **Ami, July 2018**

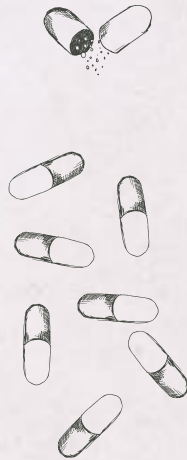
"I just wanted to say how fantastic this is! I have made several batches of yoghurt using the maker and every one has been a success. It is also very easy to clean and maintain. Thank you so much for this wonderful, eco friendly product; I won't hesitate to recommend it to all my friends and colleagues." - **Bronwen, September 2018**

Simply brilliant- been using it for about a month and I'm hooked! This flask plus the cultures makes thick creamy yogurt using anything from raw milk to store bought generic brand. We even used UHT milk while canoeing! Two things impressed me most. The tough stainless steel is great, no plastic crap and I can use as many mason jars as I want, and I have many. This is what the future should look like! Thanks! - **Scott, January 2018**



One tablespoon
of fresh yogurt
contains over
20 billion live
probiotics - about
the same quantity
as 7 probiotic
capsules*

... yogurt is a
lot cheaper and
tastier!



**Based on accredited laboratory testing and comparison
with standard 3 billion count capsules*



YOGURT BASICS

Why am I eating bacteria?

Yogurt is one of the highest sources of probiotic bacteria of any food source. Two tablespoons of fresh yogurt contain over 40 billion live active cultures. Compared with the levels of probiotics in many supplements, it is easy to see that yogurt delivers very high levels of live probiotics at a great price!

So what are these good bacteria? When food scientists started researching yogurt at the end of the 19th century, they looked at the health and longevity of yogurt-eating cultures such as Bulgaria, India, and Russia. They found that the live yogurt these people consumed on a daily basis contained many different strains of live lactic bacteria.

Over the years, in many different studies, it has become understood that these different bacteria can have a **beneficial impact on immune systems and gastrointestinal health.**

Making your own yogurt from dairy or plant-based milk is a simple and cost effective way to increase the amount of these good probiotic bacteria in your daily diet.



HOW TO USE

If you only read one page make it this one -

Heat, temperature and time are the three keys to great yogurt making. Here is the basic method for using the maker. You will find details for different kinds of milk in each recipe.

1. Prepare Jar - Use a clean jar and lid that has been thoroughly washed and rinsed in the dishwasher or hot soapy water. **Do not pour boiling water into a glass jar.**

2. Prepare Maker - Fill the glass jar and Maker with warm water (**not boiling**) to warm up while preparing milk.

3. Prepare Milk - Heat milk to near boiling point (194°F, 90°C) in a microwave or saucepan. **Cool to 104°-113°F (40°-45°C) before culturing.**

4. Add Starter Culture - Whisk culture into milk. Empty warm water from the glass jar and Maker, pour cultured milk into glass jar, put lid on jar and place in the Maker.

5. Leave for 8 hours - Put the lid on the Maker and leave for 8 hours to culture and thicken.

6. Chill Completely - Chill jar well before eating, as yogurt continues to thicken while chilling. Any water or whey on top can be stirred in.

TEMP
TIP

A sink of cold water quickly cools a pan of milk to culturing temperature and a little warm water in the maker around the jar keeps the temperature up in colder months.



CARE & SAFETY

How to Clean

1. Clean jar in a dishwasher or hot soapy water and rinse in clean water
2. Clean the Maker in hot soapy water and rinse
3. Dry all items completely before storage

How Not to Clean

1. Do not put the maker in the dishwasher
2. Do not put boiling water in the jar as it may crack
3. Do not put the Maker or Jar away while wet

Other Ferments

If you use the Maker to keep ferments like kefir, kombucha, kimchi, or sauerkraut warm, don't put the lid on the jar or flask tightly as ferments may give off gases and explode!

3 Useful Items

A thermometer for measuring the temperature before adding the culture.

Cotton Cheesecloth to strain Greek Yogurt.

A stick blender or whisk to mix ingredients.

MAKE
SAFE

Food Safety - Use Pasteurized dairy and plant milk that are not near their expiry date.

Any equipment coming into contact with the yogurt should be thoroughly cleaned. Always follow the recipe. Store yogurt in clean glass jars in the refrigerator and eat within 7 days of making. Homemade yogurts, sour creams, and soft cheeses will have a pleasant, tangy flavor that is slightly sour to the taste. **Never eat any home yogurt product that looks or smells off.**

Q&A DAIRY

My yogurt is separating when I spoon it out - This yellowy liquid is whey. It releases when milk is set into solid curds and then cut.

You can drink it, drain it off or stir it back into your yogurt. It is rich in vitamins and minerals.

The same thing happens with plant based yogurts - just whisk it in, and you will have creamy yogurt.

How long does it take?

Yogurt making requires very little 'doing' time but quite a bit of 'waiting time'. 12 hours start to finish with 30 minutes effort from you.

This makes it easy to slot into your kitchen routine. Put the yogurt on after dinner, and in the morning it will be ready to chill. In the evening it will be ready to eat.

My yogurt is runny - is the most common complaint with homemade yogurt.

The main causes are:

1. Milk not heated then cooled to the right temperatures before adding the starter.
2. Temperature too cool during culturing and not left for the correct time
3. Not cooled completely before eating - it will thicken further on refrigerating

If it is still too thin for your taste, strain it through a double layer of cotton cheesecloth for an hour.

Here is a spoon to show you what dairy yogurt looks like made with just good milk and culture.





Q&A PLANT BASED

My yogurt is runny

Check you've got milk with the right level of fat and protein to make a good yogurt (see our guide on page 30)
Next check the following common causes:

1. Culture not specifically formulated for plant based milk
2. Milk not cooled to the right temperature before adding the starter.
3. Temperature too cool during culturing and not left for the correct time
4. Not cooled completely before eating - it will thicken further on refrigerating

Don't leave it for over

10 hours - that is not the way to get thicker yogurt. Overculturing leads to very sour grainy yogurt and potential growth of unwanted yeasts and molds.

My yogurt smells funny

If your yogurt is lumpy or smells off, you may have some bad bacteria in your batch. Discard the yogurt and thoroughly sterilize everything before starting another batch.

Yogurt should smell pleasant with a clean and tangy flavor.

My yogurt is not tangy

Make sure you haven't added the culture when the milk is too hot or too cold.

Sometimes (especially in coconut yogurt) the fat content and flavor of the milk can mask the tanginess of perfectly set yogurt.

Some brands of plant milk produce more tangy yogurts. Experiment until you find your favorite.

My saucepan base burns -

keep the heat on low and stir while heating. You can also use a microwave or double boiler to avoid burnt pans.

DAIRY YOGURT

Dairy Yogurt can be made from many different milks but fresh milk from organic grass-fed herds is our pick.



13

BASIC DAIRY YOGURT

1 quart/liter of full fat or skimmed fresh dairy milk

1 pack of yogurt starter culture

Method

1. **Prepare Maker** (pg 8)

2. **Heat Milk** to 194°F, 90°C in a microwave or pan

2. **Cool Milk** until it reaches 113°F, 45°C (5-10 minutes in a sink of cold water cools it quickly)

3. **Add Culture** and stir it in well before filling the jar and

putting the lid on.

4. **Culture for 8 Hours** with the lid on the Maker.

5. **Remove & Chill** completely (at least 6 hours) in the refrigerator before eating.

6. **Eat within 7 Days** of making and stir in any whey (yellow watery liquid) that forms on the top - it is full of probiotics and a natural part of making yogurt.



Which Culture? Look for one with identified strains of lactic bacteria in it, so you know what you're eating. Some contain added strains of probiotics in addition to the usual *Streptococcus thermophilus* and *Lactobacillus bulgaricus*.

You can re-culture from a previous batch of yogurt several times, but we use fresh culture for consistent results in texture and flavor. We use and recommend the Culture Cupboard® range of yogurt starter cultures available from Amazon and stockists.

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LACTOSE FREE YOGURT

You can make a good yogurt from lactose-free dairy milk.

1 quart/liter lactose-free dairy milk
1 pack of yogurt starter culture

Method

Source lactose-free dairy milk and follow the same method for basic dairy yogurt (pg14).

We have used both fresh and UHT (ultra heat-treated) lactose-free milk with success. It makes a clean, lean tasting

yogurt without the lactose.

Lactose is a natural sugar found in milk, just like fructose is a natural sugar in fruit.

The lactase enzyme breaks down lactose in milk. Lactase occurs naturally in some of us and not in others. If your body does not produce lactase, you will have problems digesting milk and some milk products.

A person's tolerance level can change over time and is also influenced by geographical or genetic factors.

TOP TIP

Lactose Low Down Most lactose is found in whey. If you are lactose intolerant, avoid liquid milk, whey powder products, and processed cheese. Try artisan hard cheeses, clarified butter and small amounts of natural Greek probiotic yogurt which is all very low in lactose.

Lactose Intolerant?

Make yogurt from lactose-free dairy milk that uses natural lactase to remove lactose or try plant-based yogurts.





GREEK YOGURT

Straining off whey is the natural way to produce thick Greek yogurt. The result is thick and creamy, but not gummy like many store ones.

Greek yogurt is higher in protein and lower in carbohydrates than regular yogurt. It is also higher in fat so use low-fat milk for a lighter version.

Mix in honey or other sweeteners if you wish.

Store strained yogurt in a sealed glass jar in the refrigerator and use within 7 days of the date the yogurt you started with was made.

TOP
TIPS

**1 quart/ 1 liter fresh yogurt
Cotton cheesecloth**

Method

Line a non-reactive colander or sieve with a double layer of sterilized cotton cheesecloth. Place this over a large bowl.

Pour yogurt into a lined colander, cover and put in the refrigerator.

Drain 1 hour then stir and check the consistency. Drain for another hour if required.

50% Rule You get half the quantity you start with - e.g. 1 quart makes 1 pint

Leftover whey can be used like cultured buttermilk.

If it is too thick return some of the whey to the yogurt and stir it in until you get the consistency you want.

LABNEH

This simple yogurt cheese also known as Labna, is quick to make and is useful as a spread or rolled into savory cheese balls to serve with crackers. 1 quart of yogurt will yield 1 1/2 cups of Labneh.

1 quart / 1 liter fresh yogurt
Fresh herbs like dill, mint,
parsley, chives
Lemon juice
Salt & pepper
Ground cumin
A few drops of hot sauce

Line a colander with cotton cheesecloth and place over a bowl.

Stir flavorings into the yogurt then pour it into the colander. For a soft, creamy cheese, let it drain for 12 hours in the refrigerator. For a firmer cheese that you can roll into balls, fold the cheesecloth over the yogurt and place a

clean plate on top with weights. When pressed, mix in herbs and seasonings to taste. Store in a sealed container in the refrigerator and use within 7 days.

To make balls, take teaspoonfuls and roll in wet hands. Store in a jar with enough olive oil to cover them. Oil keeps them from drying out and sticking (it is not a preservation method). Store in the refrigerator.

Use dairy or plant based yogurt to make this simple cheese.





Homemade sour cream without gelatin, gums or stabilizers, is luscious and smooth.



HOMEMADE SOURCREAM

Compare the Sour Cream on the left made at home without gelatin, gums or other additives to a typical store-bought sour cream on the right. The homemade one is glossy, thick, and spoonable. It melts in the pan when you add it to dishes and sauces and has only two ingredients cream and culture.

1 pint/ 500mls of fresh cream
1 pack of yogurt starter culture

Method

Chose a cream with around 35% or higher fat content for this recipe.

Follow the recipe for basic dairy yogurt on page 14 but

with a half quantity, as 1 quart of sour cream is quite a lot!

Pour a cup of hot, (not boiling), water around the jar in the Maker to keep it warm during culturing.

Once the sour cream has chilled, you can thicken it further by straining it through cotton cheesecloth as for Greek Yogurt on page 18.

You can use the same method using a specialist soft cheese culture which has strains of bacteria in it that give the same recipe a more cheesy flavor and aroma. If you try this method use a milder culturing temperature of 90°F, 32°C.



CULTURED BUTTER & BUTTERMILK

Cultured butter is made from cream that has been soured by natural or added lactic bacteria. The butter has a distinct tangy flavor, little lactose and high levels of probiotics.

1 quart / 1 liter of cream
1 pack of yogurt starter culture
1/2 teaspoon natural sea salt

Method

Follow the recipe for basic dairy yogurt (pg 14) to create cultured yogurt cream.

After chilling, pour the cultured cream into a food processor or mixer and beat on high until the cream splits into butter and buttermilk.

Pour off cultured buttermilk for use in smoothies, Ranch Dressing, and baking.

Wash the butter in a large bowl of cold water to rinse out

any remaining buttermilk. Keep rinsing until water runs clear, working the butter with clean hands to get all the buttermilk out.

Sprinkle in the sea salt and work the butter into sticks or blocks with a pair of butter paddles. Refrigerate and use within two weeks.

TOP TIPS

If you don't have a mixer or food processor just shake the cultured cream in the jar from the maker. Within 10 minutes it will split into butter and buttermilk - a great project for the kids!



PLANT BASED YOGURT

Your choice of plant milk and our
easy steps to perfect plant based yogurt.



PLANT BASED YOGURT BASICS

Making plant-based yogurt at home can be daunting. There is a lot of well-meaning advice on the Internet, and it can be hard to replicate the glossy photos of the finished products in your own kitchen.

Our research in pursuit of the **perfect plant-based yogurt** involved over 600 different trial formulations, testing every possible combination of plant-based milk, culture, ingredient and method.

Whether you have chosen to make plant-based yogurts for ethical or environmental reasons, or simply to add variety to your diet, our recipes and lessons learned will help you succeed.

Probiotic lactic bacteria are found in large quantities in plant-based yogurt; making it an excellent choice for gut health.



STARTER CULTURES FOR PLANT MILKS

Most yogurt starter cultures are designed for making dairy yogurt and are manufactured on a dairy medium. With the rise in plant-based eating, yogurt starter cultures formulated for plant milk, prepared on plant mediums are more readily available.

We recommend the Culture Cupboard® Plant Based Yogurt Starter which contains a base and a starter.

The base is organic rice starch and agar which fortifies the plant milk to make great yogurt.

The starter contains multiple strains of bacteria from the Lactobacillus and Bifidobacterium genus specifically selected for culturing plant milk yogurt.

How does the starter work?

It uses sugars present in plant milks, such as sucrose and glucose to create the acids that sour, preserve and thicken the milk into yogurt.

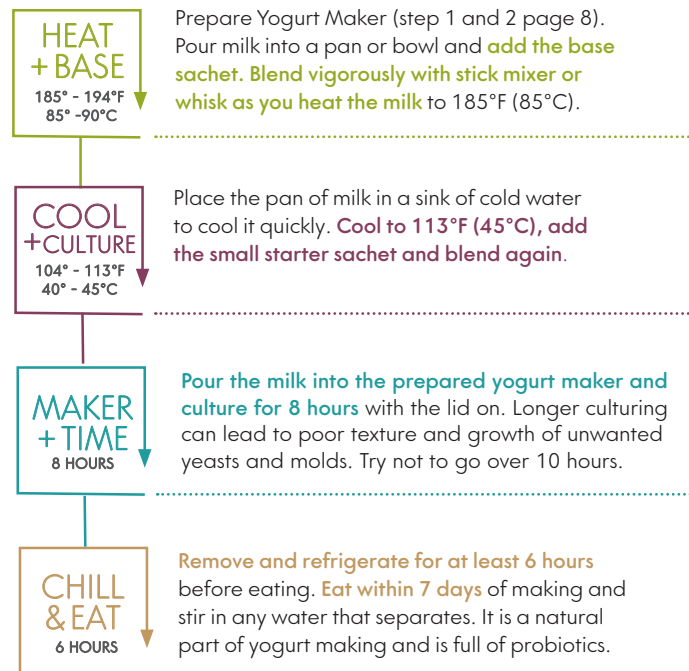
Can I use a probiotic tablet? For best results use a specialist plant milk yogurt starter. Probiotic tablets may not contain the right strains of bacteria or dose rate to create good yogurt.

If your starter doesn't have a base to fortify the plant milk before culturing, try adding some corn starch or arrowroot to improve thickness.

Can I reculture from a previous batch? Yes, but we recommend using fresh starter culture for consistent results in texture and flavor.

4 STEP EASY RECIPE

Yogurt is slow food. It involves about 30 minutes of doing and then a few hours of waiting while the starter does the work. Be patient - good food is worth waiting for.





THE RIGHT PLANT MILK

We have tested as many commercial plant milk brands as we can find as well as producing our own homemade plant milks. Here are our top considerations when choosing a plant milk to make yogurt from.



TOP TIPS

Like the Taste - Plant milks vary greatly in flavor, which carries through to the finished yogurt so taste it first. You will be surprised how much of a difference there is between brands.

Enough body to ferment? Many store bought plant milks are over 90% water, which makes thin or jelly-like yogurt.

If you want to use a plant milk with under 2% fat and protein, see our methods on page 41 for fortifying them to make a good yogurt.

Match your nutritional needs

Become a label reader to ensure the milk you choose matches your nutritional needs. If you want the yogurt to contribute to your **calcium intake**, soy and almond milk are good natural sources of calcium. Many plant milks are also fortified with calcium.

If you want the yogurt to **deliver protein** choose soy milk or full-fat coconut milk. Straining finished yogurt also raises protein levels.

For a **low-fat yogurt** avoid coconut cream or Greek-style strained yogurts.



READ THE LABEL OR MAKE YOUR OWN

Almond or Cashew Milk must have a minimum nut content of 15% to get a consistently good result and a great taste. To achieve this, increase the nut content of your favorite brand of milk by blending in ground almonds or cashews.

Coconut Milk is naturally high in fat which is why it makes such a rich, delicious yogurt. There is a range of high and low-fat coconut creams and milk available. Anything with over 5% fat will make coconut yogurt.

Soy Milk produces a silky yogurt with fat and protein of around 2-4%. It has the closest nutritional profile to dairy yogurt.

Oat Milk from the store has a lovely flavor, and cultures very well to make a tangy drinking yogurt. But without added fortification it makes a very thin yogurt.

Rice Milk - from the store is similar to oat milk. It cultures well but fails to make a thick yogurt without added body.

Fortifying Thin Plant Milks

See our methods on page 41 to fortify store bought thin plant milks into something you can make yogurt from.

Homemade Blends

Making your own nut or seed milk is a great way to get some interesting and successful milks for plant-based yogurt.

You can control the ingredients that go in and also ensure there is enough of the 'good stuff' for your starter culture and your own nutrition. See our simple recipe on page 37.





Yogurt from full-fat coconut cream is delicious but high in saturated fat. Enjoy in moderation or small bowls!

BASIC COCONUT YOGURT

Coconut yogurt is very rich and the thickness will vary with the fat content of the milk.

27 oz (800ml) (2 cans) coconut milk or cream with over 5% fat content

Culture Cupboard® Plant Based Yogurt Starter*

Method

1. Prepare Maker

2. Pour the milk into a pan or bowl and add the base*. Blend vigorously with a stick mixer or whisk as you heat the milk to 185°F (85°C). If using a microwave, blend thoroughly before and after heating.

3. Cool milk to 113°F (45°C) (5-10 minutes in a sink of cold water cools it quickly).

4. Add starter culture and blend it in very well before filling the prepared jar and putting the lid on

5. Culture for 8 hours with the lid on the maker

6. Remove and refrigerate for at least 6 hours before eating. It will thicken further with chilling.

7. Eat within 7 days of making and if it is too thick, stir the chilled yogurt to get a silky, spoonable texture.

TOP TIP

Make a half and half - To lower the fat content but still get a great coconut yogurt, use a can of cream and a can of milk

** If you are using another plant based starter culture you may need to add an additional thickener at step 4 with the starter.*

BASIC SOY YOGURT

Soy products have become less popular lately, but we find soy makes one of the nicest plant-milk yogurts.

1 quart, 1 liter Soy milk
Culture Cupboard® Plant Based Yogurt Starter*

Method

1. Prepare Maker

2. Pour the milk into a pan or bowl and add the base*. Blend vigorously with a stick mixer or whisk as you heat the milk to 185°F (85°C).

If using a microwave, blend thoroughly before and after heating.

3. Cool milk to 113°F (45°C) (5-10 minutes in a sink of cold water cools it quickly).

4. Add starter culture and blend it in very well before filling the prepared jar and putting the lid on

5. Culture for 8 hours with the lid on the maker

6. Remove and refrigerate for at least 6 hours before eating.

7. Eat within 7 days of making and stir in any water that separates.

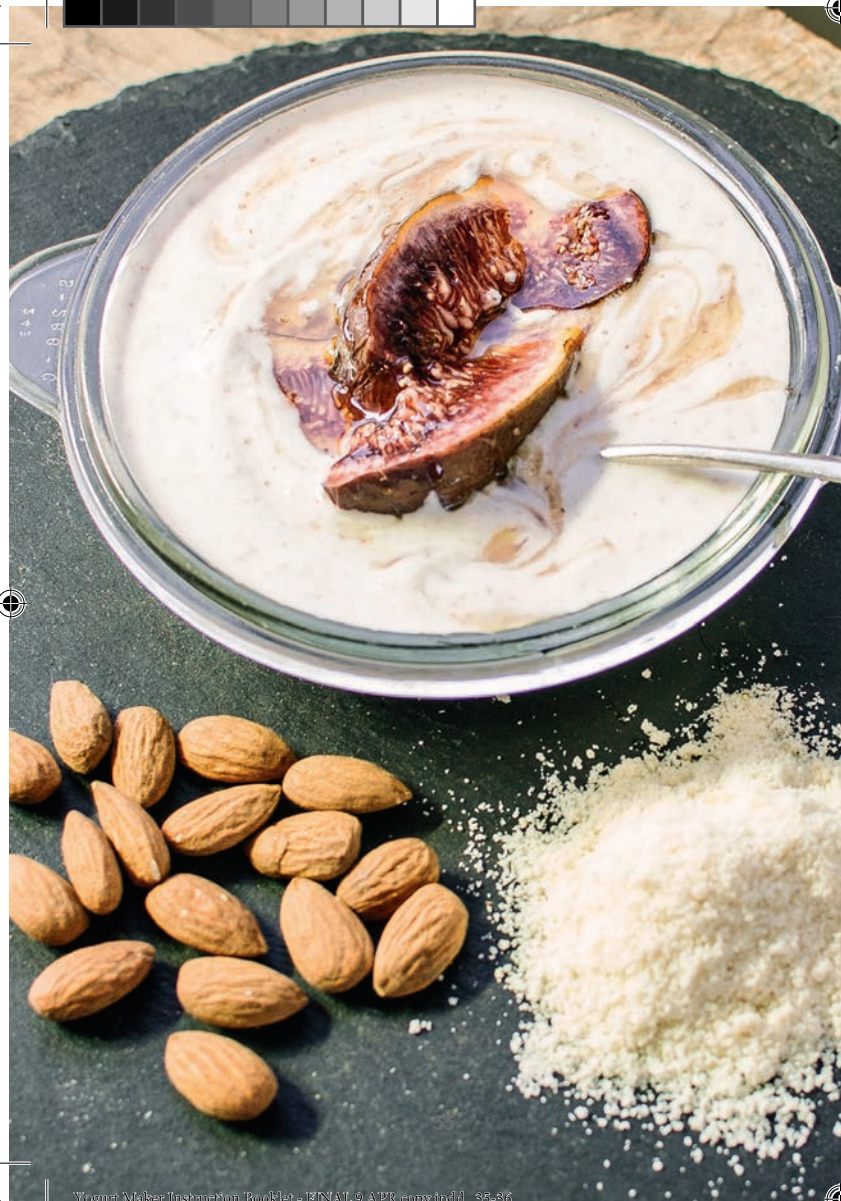
TRY ME

Flavored soy milk can make nice yogurt too - vanilla and chocolate are great ways to get kids eating yogurt - just watch the sugar content.

** If you are using another plant based starter culture you may need to add an additional thickener at step 4 with the starter.*



Strained through cheesecloth, soy yogurt makes a nice sour cream



BASIC ALMOND YOGURT

We have not found a store bought almond milk that makes a great yogurt without a little help. We add ground almonds or almond flour to bring it up to 15% almonds.

If you like a smooth texture use almond flour. Ground almonds give the yogurt a porridge like texture, which we like.

3/4 quart (liter) Almond milk

4 1/2 oz (125g)

Ground almonds

Culture Cupboard® Plant Based Yogurt Starter*

Method

1. **Prepare Maker**
2. **Pour the milk into** a pan or bowl and add the base*.

Blend vigorously with a stick mixer or whisk as you heat the milk to 185°F (85°C). If using a microwave, blend thoroughly before and after heating.

3. Cool milk to 113°F (45°C) (5-10 minutes in a sink of cold water cools it quickly).

4. Add starter culture and blend it in very well before filling the prepared jar and putting the lid on

5. Culture for 8 hours with the lid on the maker

6. Remove and refrigerate for at least 6 hours before eating.

7. Eat within 7 days of making and stir in any water that separates.

TOP TIP

Homemade almond milk is simple if you have a blender and makes a lovely yogurt. Follow the recipe on page 37.

** If you are using another plant based starter culture you may need to add an additional thickener at step 4 with the starter.*

FROM SCRATCH YOGURT

One of our favorite yogurts is made from scratch with whole cashews. Leave the nuts in for added fiber, texture and goodness. Use the same recipe with your choice of any nut or seed blend.

5 1/3 oz (150g) raw cashews

1 cup hot filtered water

2 cups cold filtered water

Culture Cupboard® Plant Based Yogurt Starter*

Method

1. Soak nuts in hot water for 10 minutes to soften

2. Prepare Maker

3. Add cold water and blend until smooth

4. Pour the milk into a pan or bowl and add the base*. Blend vigorously with a stick mixer or whisk as you heat the milk to 185°F (85°C). If using a microwave, blend thoroughly before and after heating.

3. Cool milk to 113°F (45°C) (5-10 minutes in a sink of cold water cools it quickly).

4. Add starter culture and blend it in very well before filling the prepared jar and putting the lid on

5. Culture for 8 hours with the lid on the maker

6. Remove and refrigerate for at least 6 hours before eating.

7. Eat within 7 days of making and stir in any water that separates.

3 cups of water and 5 1/3 oz (150g) of nuts and seeds makes a great base milk for yogurt. Experiment with blends of your favorite nuts and seeds - use dominant flavors sparingly.

** If you are using another plant based starter culture you may need to add an additional thickener at step 4 with the starter.*



If you want a smooth Cashew Sour Cream, strain it through cheesecloth.



NUT-FREE YOGURT

Not everyone is nuts about nuts. If you want to make a completely nut-free yogurt, try this blend of pumpkin and sunflower seeds.

Using the 'From Scratch Yogurt' recipe on page 37, you can create a very tangy savory yogurt that is perfect for serving with crackers, pickles, and roasted vegetables.

It is a silky, probiotic-rich addition to your menu, giving you options for dips and dollops.

Experiment with your own blends of seeds, but use strongly flavored seeds like sesame and hemp sparingly.

One of our favorite combinations (pictured here) is pumpkin and sunflower seed in the following quantities:

3 1/2 oz (100g) pumpkin seeds

1 3/4 oz (50g) sunflower seeds

1 cup hot water

2 cups cold water

pinch of natural sea salt

Follow the method on page 37.

TRY
ME

Try a little twist - Adding a little spice to these nut and seed yogurts after culturing can really lift the flavors. Some of our favorites include cumin, caraway, cinnamon, and vanilla.



Try different blends of seeds using the base recipe to create nut-free yogurt



FORTIFY THIN MILK

Most commercial plant milks with **less than 2% fat or protein fail to make a good yogurt.**

If you have a plant milk product that you enjoy the flavor of, but it makes a poor yogurt, **try these tips to fortify** it into a good yogurt base.

Take a cup of the plant milk you want to make yogurt from and **blend it to a smooth paste** with a cup of whole nuts or seeds.

Top it up to 1 quart (1 liter) with the rest of the plant milk and follow the basic method on page 28.

Raw almonds and cashews are particularly good for this method.

If you are nut-free try the same method with a blend of pumpkin seeds and sunflower seeds.

We **leave the nuts in the blended milk** for added flavor, fiber and goodness. It adds a texture that you may not be used to in a yogurt but we like it! You are getting all the nutrition and no straining or waste. If you prefer a smooth yogurt try our next tip.

Adding 30 - 50% rich coconut milk to these thinner plant milks is also another way to fortify them into something that will make great yogurt. If you like the flavor of coconut this may be for you.

You may need to experiment to find your perfect blend but here are some of our favorites:

- Rice milk with almonds
- Oat milk with cashews
- Light coconut with cashews
- Oat milk with coconut
- Almond milk with coconut

To make good yogurt out of thin plant milks, like rice and oat milk, try blending in 1 cup of nuts or seeds per quart (liter)

DON'T STRAIN
Leave the nuts in for added flavor, fiber and goodness





FLAVORED YOGURT

Many store bought flavored yogurts are artificially sweetened or have a lot of added sugar.

If you are moving your family to homemade yogurt they can miss the sweetness of these yogurts in the beginning.

Making your own flavored yogurts is easy with a few simple natural ingredients.

You don't need to add much to create a strong flavor. For each 1 quart (1 liter) of yogurt add:

- 1/4-1/2 cup of fresh or canned fruit or,
- 1-2 tablespoons of liquid sweetener, such as honey, maple syrup or fruit jams.

Avoid very acidic fruits such as citrus as they can curdle the yogurt.

Stick to homemade or natural flavorings that don't contain artificial sweeteners, thickeners and preservatives.

Home canned and frozen fruits, either in sugar syrup or water, are excellent for adding to your yogurt. Drain and dice fruit for a chunky texture or puree for a smooth blend.

Thaw and drain frozen berries before adding them. The excess juice can be made into a syrup and refrozen for future yogurt.

Finely chopped, unsalted nuts add a pleasant texture and flavor. Try flaked almonds, coconut thread or chopped walnuts.

Ground cinnamon, vanilla or star anise provide a lovely warming flavor to winter yogurts. Use sparingly as a little goes a long way.



Make your fresh plain yogurt first and chill it completely before adding any flavor.





RECIPE IDEAS

Yogurt is not just for breakfast. Once you make it, you will find a place for it in many parts of your menu from pastry to drinks and desserts



Salad Dressings



Fruit Flavored



Frozen Yogurt



Breads and Baking