

Making Your Own Yogurt at Home

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Why? Because the most beneficial/therapeutic bacteria are present in the highest quantities in the first three days of culturing. Plus, you can guarantee that your yogurt cultures are active unlike commercial brands that pasteurize after culturing and are no longer therapeutic. When purchasing a yogurt to start from, make sure that you find a brand that cultures after pasteurization and that does not homogenize such as Saugeen or Jerseyland.

- 1) Bring organic whole milk (homogenized unfortunately) or standard old fashioned milk (by Avalon, not organic unfortunately, but not homogenized either) to a boil. When “scald” starts to form, take off the stove and cool to the point that you can stick your finger in.

- 2) Put in a glass quart jar or thermos.

- 3) Dissolve 1tbsp of yogurt (Jerseyland or Saugeen) in 2-4 cups of yogurt
(and then put in remaining milk if making larger batches).

- 4) Let stand for 8-12 hours in the thermos, or if using glass, cover with a lid and put in the oven with the pilot light on.