



Greek Yoghurt

🕒 15 Mins ⚡ 15 minutes

🕒 14-16 hours incubation & chilling

INGREDIENTS

4 cups Whole Milk = 1 litre

⅓ cup plain yoghurt = 2 Tablespoons
(with live culture and room temperature)

DIRECTIONS

1. Heat the milk. Pour the milk into a pot and heat gently, stirring now and then so it doesn't catch (medium heat about 15 mins).
2. Aim for heat to 190–200°F using a thermometer. If you haven't got one you will you'll see little bubbles around the edges (but don't boil).
3. Once at temperature, remove from the heat and let it cool down.
4. Let it cool to 105–115°F
 - a. (To the touch, this range feels distinctly warmer than body temperature (98.6°F) but not scalding hot).
5. Add in your starter (without shocking it). Scoop your starter yoghurt into a small bowl or cup. Add a splash of the warm milk and stir it until smooth, then pour that back into the pot and gently stir through. Transfer to a heat proof bowl.

NOTES/FUN FACTS:

- Why heat milk? Heating the milk between 190–200°F ensure that any bacteria are eliminated!
- Use your homemade as a starter! When you make again, save some of your yoghurt for you next batch (use within a week or so that that the culture is strong and active).

DIRECTIONS CONTINUED

6. Incubate (aka: keep it warm and leave it alone)

7. Cover the bowl (I used a dinner plate and keep it somewhere warm for 6–10 hours.

Some Options:

- Wrap the bowl in a towel and leave it on the bench or in a warm area (that keeps to the same temp)
- Put it in the oven: turn oven on low for a few minutes, turn OFF, then place pot inside (door closed)
- Use a dehydrator on 40–46°C for 6-8 hours

8. Check after 6 hours, you'll know it's ready when it looks set (like soft yoghurt).

9. **Chill.** Pop the whole bowl in the fridge for at least 6 hours (or overnight). It continues to thicken and gets that tang.

Optional: Strain for Greek yoghurt

- You can strain through a cheesecloth or clean cotton tea towel and will get super thick, but I didn't need to do that!

Store & enjoy

- Transfer to a sealed container.
- Keeps in the fridge for up to 2 weeks.

FOLLOW ME ... FOR MORE HEALTH, WELLNESS AND CLEAN
LIVING TIPS 🌱

