

# Homemade Yogurt

## Ingredients

- 4 cups milk
- 3 -4 tablespoons yogurt

## Directions

- 1- Place the milk into a pot and bring to almost a boil. Making sure you don't burn the milk on the bottom of the pot (A non-stick pot if possible).
- 2- Turn off heat and let cool to 115 degrees.
- 3- As the milk is heating up and then cooling add 3-4 tablespoons of yogurt in a cup.
- 4- Let sit at room temperature (about 70 degrees).
- 5- When the milk has cooled to the correct temperature, add some to the cup with the yogurt.
- 6- Next stir well and then add back into the pot of milk, stir.
- 7- Next take a clean glass jar/ovenproof bowl and pour the milk into it, stir well.
- 8- Cover the jar/bowl with plastic wrap and then a dish cloth.
- 9- Let the jar/bowl with the milk and yogurt starter incubate under the cloth for about 8 to 12 hours.
- 10- Refrigerate!
- 11- NOTE: The longer you let the yogurt stay under the cloth, the more tangy the yogurt will taste.
- 12- The amount of yogurt starter used is another factor in the success of the finished yogurt; too much or too little is no good.
- 13- Also, the environment in which you place the jar/bowl can effect the finished yogurt as well.

