



How to Make Raw Milk Yogurt



Vegetarian



Gluten Free



Popular

READY IN



600 min.

SERVINGS



8

CALORIES



79 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tbsp additive-free yogurt plain unsweetened with live active cultures found at any grocery store
- ☐ 2 tbsp greek starter or
- ☐ 1 quart milk fresh (for a thicker product substitute 1 pint cream and 1 pint milk)
- ☐ 2 tbsp yogurt from a previous batch or

Equipment

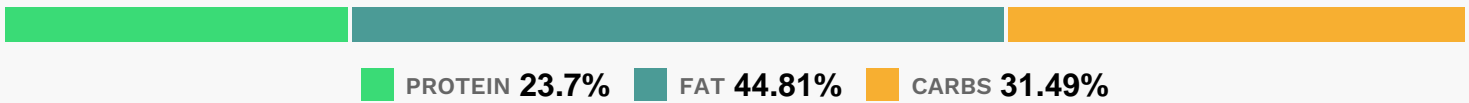
- ☐ sauce pan
- ☐ whisk
- ☐ slow cooker

- ☐ canning jar
- ☐ dehydrator

Directions

- ☐ Heat milk in a saucepan over a medium-low flame until it reaches about 110° Fahrenheit / 43° Celsius.
- ☐ Remove from heat and whisk in 2 tablespoons thermophilic starter culture such as Bulgarian or Greek starter (see sources), or use two tablespoons yogurt from a previous batch to inoculate the raw milk.If you're using a yogurt maker, simply pour the mixture of fresh milk and starter into the yogurt maker and culture it according to the manufacturer's instructions for about eight to twelve hours.If you're using a food dehydrator or slow cooker, first pour the mixture of starter and raw milk into a 1-quart glass mason jar and cover it with a lid.If you're using a slow cooker or cooler, place the mason jar full of milk and starter in the center of your slow cooker or cooler and pour warm water (approximately 110° Fahrenheit, 43° Celsius) into your the ceramic insert or until it reaches just below the lid of your mason jar. Cover with a warm towel for added insulation and leave in a warm spot in your kitchen to culture for eight to twelve hours.If you're using a food dehydrator, simply place the mason jar full of starter culture and milk into the food dehydrator, set the temperature to 110° Fahrenheit / 43° Celsius and allow it to culture for eight to twelve hours.Once the culturing period of eight to twelve hours is complete, remove your still warm raw milk yogurt from the yogurt maker, slow cooker, cooler or dehydrator and place it in the refrigerator to chill and solidify for an hour or two.
- ☐ Serve plain as a sauce, combined with fresh fruit or nuts or sweeten it, if desired, with a touch of honey or maple syrup.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:2.14, Inflammation Score:-2, Nutrition Score:4.3539130313565%

Nutrients (% of daily need)

Calories: 79.11kcal (3.96%), Fat: 3.97g (6.11%), Saturated Fat: 2.31g (14.47%), Carbohydrates: 6.28g (2.09%), Net Carbohydrates: 6.28g (2.28%), Sugar: 6.43g (7.14%), Cholesterol: 15.13mg (5.04%), Sodium: 52.45mg (2.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.45%), Calcium: 165.66mg (16.57%), Phosphorus: 137.18mg (13.72%), Vitamin B12: 0.71µg (11.9%), Vitamin B2: 0.19mg (11.33%), Vitamin D: 1.31µg (8.71%), Potassium:

203.23mg (5.81%), Vitamin B5: 0.51mg (5.05%), Vitamin B1: 0.07mg (4.73%), Selenium: 2.91µg (4.16%), Magnesium: 16.16mg (4.04%), Vitamin A: 197.09IU (3.94%), Vitamin B6: 0.08mg (3.94%), Zinc: 0.58mg (3.89%)