

## Easy Homemade Yogurt

Homemade yogurt is so simple to make that you'll wonder why you haven't made it before. Try this recipe and you will agree that homemade yogurt has a delicious flavor free from any additives and is a cost-effective way to enjoy the benefits of yogurt.

### Ingredients

- Whole Milk - 4 cups. (source the best quality milk you can afford).
- Starter Yogurt - 1 heaping tbsp (starter yogurt can be from your previous batch of yogurt or you can buy a small single serve Plain Yogurt from the grocery store.)



### Method

1. Bring milk to a boil on the stove top. (If you have a candy thermometer, bring the milk to approx. 180 degrees Fahrenheit.)
2. Allow milk to cool to slightly warmer than lukewarm (approx. 115 degrees F on a candy thermometer).
3. Add your starter yogurt to the milk and blend well together with a fork or whisk.
4. Transfer the blended milk and starter to a container with a tight-fitting lid.
5. Preheat oven to 180 degrees F and then switch the oven OFF. Or simply turn on the internal oven light and keep it on....
6. Place the container with milk into the warmed oven for at least 4 hours. Overnight is easiest.
7. After at least four hours, remove yogurt from the oven and store in refrigerator.

### Tips

- Yogurt is a fabulous natural source of calcium and protein.
- Do not add starter yogurt into hot milk or yogurt bacteria will die and the yogurt will not set.
- If you prefer yogurt which is on the tart (sour) side, keep the yogurt in the warm oven for 5-6 hours. The longer you keep it warming, the sourer (pitta) it becomes.

**VATA** / Yogurt is great for grounding and warming Vata (as yogurts post digestive effect is warming). Increase the warming quality of yogurt by adding spices such as cinnamon, turmeric, ginger and cardamom to aid in its digestion.

**PITTA** / Yogurt taken with some maple syrup and pinch of cardamom, cinnamon or turmeric is a nice occasional snack. Also cooling & grounding with cucumber, cumin and mint/dill as a side dish.

**KAPHA** / Yogurt is best taken in moderation and well spiced, or watered-down, such as lassi or when mixed in with curries or other main dishes.