

# Greek Yogurt-Homemade

*This recipe makes about 6 cups of yogurt or about 2 cups of yogurt powder*



## Ingredients

**1 gallon** of whole milk

**4 tbsp** plain yogurt with active cultures

## Directions

1. Sterilize Utensils: Add 1 cup of water to the Instant Pot. Place the wire rack and utensils (measuring cups, whisk, etc.) inside. Pressure cook for 3 minutes to sterilize
2. Pour 1 gallon of milk into the Instant Pot. Press the Yogurt button until the display reads "boil."
3. Bring Milk to 180°F: Place the lid on the Instant Pot and heat the milk to 180°F (takes about an hour) Some Instant Pots will shut off automatically, but whisking every 10-15 minutes helps prevent scorching
4. Cool the Milk: Once the milk reaches 180°F, transfer the inner pot to an ice bath and cool the milk to 95-110°F
5. In a separate bowl, mix 4 tbsp of yogurt culture with a small amount of the warm milk. Whisk until smooth
6. Whisk the starter mixture back into the cooled milk and return the inner pot to the Instant Pot.
7. Press the Yogurt button and set the cook time for 9-10 hours. A longer incubation results in a thicker and tangier yogurt
8. At the end of the cycle, strain the yogurt using a cheesecloth or towel for several hours (or overnight) to separate the whey. The whey can be saved for baking or other uses
9. Add parchment paper to your trays
10. Spread the yogurt evenly on trays
11. Add dividers for easy portioning
12. Pre Freeze when possible
13. Freeze dry (my cycle time was 33 hours)
14. Powder in a food processor
15. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 1 ½ parts yogurt powder to 1 part water. Stir and adjust consistency as desired.

## Notes:

Save 4 tbsp of greek yogurt from previous batch for starter in your next batch

## Nutritional Value Per 1 cup pre-freeze-dried

Calories: 390 Protein: 21 g Fat: 20 g Carbohydrates: 30 g Sugar: 31 g Fiber: 0 g