

Unlimited Vegan Yogurt

This recipe yields 8-10 cups of vegan yogurt*

[Live. Life. Simple's: Unlimited Yogurt](#)

Ingredients

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| 1 gallon of Almond milk |
| 4 tbsp plain vegan almond yogurt with active cultures |



This recipe can be used over and over by saving 4 tbsp of the previous batch. The yogurt has active cultures present that can be the starter for the next batch. This recipe is geared towards an instant pot but can be done many different ways in the same fashion.

Directions:

1. Sterilize your measuring cups, whisk, and instant pot by adding 1 cup of water to the pot. Then place the wire rack in the pot along with other utensils. Pressure cook for approximately 3 minutes.
2. Pour 1 gallon of good quality unsweetened plain almond milk into the instant pot container and press the yogurt button until the instant pot says boil.
3. Place the lid onto the instant pot and bring the almond milk to a temperature of 180 degrees. (usually takes about an hour) Some instant pots will automatically shut off when the temp is reached but i like to whisk the milk every 10-15 minutes to avoid burning it.
4. When the almond milk has reached 180 degrees, place it into an ice bath and bring the temperature back down to 95-110 degrees
5. When cooled, remove from the ice bath and in a separate bowl add a small amount of warm milk to 4 tbsp of almond yogurt culture and whisk together.
6. Add the starter mixture back into the warm milk and place the pot back into the instant pot cooker.
7. Press the yogurt button and select desired cook time (9-10 hours). The longer the yogurt is cooked, the thicker it will become and it will become more tart.
8. At the end of the cycle, strain the yogurt into a cheese cloth or towel for several hours or overnight. This will separate the liquid from the thick yogurt.
9. Add yogurt to pre-cut parchment or silicone lined tray and freeze.
10. Freeze dry and run through a food processor to create a powder.
11. Store Appropriately (See Tips and Tricks for storage help)

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| Cycle Time: 33 hours using 29 KWh | Rehydration: This will vary greatly depending on desired thickness. Whisk or mix thoroughly to achieve smooth texture. 1-1.5 parts yogurt to 1 part water |
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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray