

Unlimited Greek Yogurt

This recipe yields 8-10 cups of yogurt*

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

Ingredients

1 gallon of whole milk
4 tbsp plain 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 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 milk to a temperature of 180 degrees. (usually takes about an hour) Some instant pots will shut off when the temp is reached, but whisking the milk every 10-15 minutes helps avoid burning the milk.
4. When the milk has reached 180 degrees, place the warm milk 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 yogurt culture and whisk together.
6. Add the starter mixture back into the warm milk and place 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 whey from the thick yogurt. The whey can be saved for other baking and uses as well.
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)

Cycle Time: 33 hours 29 KWh of Electricity	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
--	--



Live.
Life.
Simple.

www.freezedryingcookbook.com

Cycle times & rehydration for reference only

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