

# Homemade yoghurt

ADD extra milk powder to boost the energy and protein



Preparation time:  
10 mins



Cooking time:  
8-12 hours fermentation  
plus 1 hour refrigeration



Serves:  
5

## Ingredients

- 1 litre a2 Milk™ Full cream milk powder, prepared following instructions on packet
- Powdered yoghurt starter culture, purchase from health food stores or online, use as per directions (eg.  $\frac{1}{10}$  of a teaspoon, 1 sachet)

You'll need an electric or thermos style yoghurt maker with a jar or container(s)

## Directions

- In a jug, prepare 1L of a2 Milk™ Full cream milk powder, following instructions on packet, warm water around 40°C works best.

*Yoghurt can also be made using fresh a2 Milk™ Full cream. If using fresh a2 Milk™, pour 1L of milk into a saucepan and gently heat to around 45°C (use a thermometer).*

- Sprinkle the starter culture into the milk and stir to mix thoroughly.
- Pour into clean jar or container(s) and then follow specific instructions provided with yoghurt maker.
- Leave undisturbed for 8-12 hours, or overnight.
- Once set, place in the fridge for around 1 hour or until cool.
- Save  $\frac{1}{2}$  a cup of your homemade yoghurt to use as the starter culture for the next batch.

The taste and texture of the yoghurt will vary depending upon the type of milk (powder or fresh, full fat or low fat), the starter culture, and yoghurt maker. Experiment to produce yoghurt your preferred way.

Using a2 Milk™ Full cream milk powder will produce a thicker, creamier yoghurt. If a low fat option is preferred, a2 Milk™ Light or a2 Milk™ Skim milk powder may be used. Try adding an extra 2-4 tablespoons of a2 Milk™ powder to boost the energy and protein content and increase thickness.

## To serve:

*Drizzle with a little honey. Or try adding cinnamon, vanilla, or homemade fruit puree for natural sweetness.*

*Add a squeeze of fresh lemon juice to enjoy with savoury dishes.*



Adapted from  
Tiny Tummies recipe book