

# Instant Pot Homemade Yogurt

MAKES 2 QUARTS (8 CUPS) OF YOGURT

MAKES 2 QUARTS (8 CUPS) OF LIQUID WHEY\*

*\*Liquid whey mixed with a little yogurt can be substituted for buttermilk in pancakes.*

*\*Liquid whey can be used in the place of milk in baked oatmeal or for a nutrition boost in smoothies!*

## Ingredients

- 1 gallon 2% milk
- 3 tablespoons powdered milk
- ¼ cup yogurt with active cultures
- 1-2 tablespoons vanilla
- 1 vanilla bean

## Directions

1. Pour milk in instant pot.
2. Add powdered milk and stir.
3. Lock lid in place, and plug in the instant pot. Press yogurt.
4. Press adjust until display reads “boil”.
5. When boil cycle is finished (about an hour), check the temperature and use the sauté function to warm to 185°F. Unplug cooker, remove pot and place on the cooling rack. Cool milk to 110°F.
6. Mix in yogurt with active cultures. Lock lid in place and turn on the instant pot.
7. Press “yogurt” and then “adjust” until the screen says “8:00”. The milk will now incubate for 8 hours.
8. When the pressure cooker beeps at the end of 8 hours, strain yogurt using a Euro Cuisine Yogurt Strainer\*\* for 4+ hours or overnight for a Greek yogurt consistency. The longer you strain, the thicker your yogurt will be.
9. Pour yogurt into a bowl. Add vanilla extract and vanilla bean, if desired. Whisk until smooth.
10. Place yogurt in jars and store in the fridge.
11. Add your favorite mix-ins and enjoy!



\*\*Euro Cuisine G450 Greek Yogurt Strainer – found on Amazon for ~\$18

## NUTRITION FACTS (YOGURT WITHOUT TOPPINGS)

**Per Serving (1 cup):** 165 calories, 5.5g fat, 3.2g sat. fat, 85mg sodium, 8.7g carbs, 0 g fiber, 20g protein, 25% DV calcium

## NUTRITION FACTS (LIQUID WHEY)

**Per Serving (1 cup):** 66 calories, 1g fat, 1g sat. fat, 118 mg sodium, 13g carbs, 0 g fiber, 2g protein, 25% DV calcium