HOW TO MAKE DELICIOUS 24-HOUR PROBIOTIC YOGURT EVERY TIME

Food & supplies you will need:

- *Yogurt Maker*
- *frothing thermometer for heating milk*
- *digital thermometer*
- 2 cup measuring cup
- 1 cup measuring cup
- 1/8 teaspoon
- spoon for stirring
- paper towels
- 3-quart pot
- a bowl of ice
- *dimmer switch* (This item is extremely important. I'll talk about it later)
- *GI ProStart*
- 1/2 gallon of quality milk

STEP 1. CHOOSE YOUR YOGURT MAKER

We use the *Euro Cuisine YM80 electric yogurt maker*.

STEP 2. PREPARE A CLEAN WORKSPACE IN THE KITCHEN

Make sure your pot, jars, measuring cups, spoons, even your thermometer and work area are wiped clean.

STEP 3. CHOOSE GRASS FED MILK

We use organic 100% grass-fed whole milk.

STEP 4. CHOOSE YOUR YOGURT STARTER

We use *GI ProStart*

STEP 5. HEAT THE MILK

Heat the milk slowly over a medium flame until it reaches 180℉. Use your frothing thermometer for this process. Stir occasionally to keep the milk from scorching. The milk is heated to kill pathogenic bacteria that might be present in the milk.

STEP 6. COOL THE MILK

Turn off the heat and let the milk cool to room temperature (80-90 ℉). Stir occasionally. To speed up this process, we fill a large bowl with ice and place the pot in the ice bath.

I use my digital thermometer to accurately determine that the milk is below 90℉.

STEP 7. ADD THE YOGURT STARTER

Pour about a 1/4 cup of your room temperature milk into a clean, large measuring cup (don't use the cup you used to measure the milk before it was boiled). Spoon 1/8 of a teaspoon of *GI ProStart* yogurt starter into another 1 cup measuring cup.

Now pour the 1/4 cup of room temperature milk from the larger measuring cup into the smaller one. Stir until the yogurt starter is dissolved.

Then pour that mixture back into the original measuring cup and mix well. Some of the ProStart may clump and not make it back into the original measuring cup. That's why we mix it in separate cups. You can pour it back and forth until all the ProStart is in the original measuring cup.

After the ProStart is sufficiently dissolved, pour the mixture back into the pot of milk and stir it in very well.

STEP 8. PLACE JARS IN YOUR YOGURT MAKER

Now carefully divide your milk that has been mixed with yogurt cultures into your jars and set the uncovered jars in the unit. The outside of each jar should be dry. Be careful not to spill any liquid on the unit as this can cause damage to its electronics.

Cover with the lid and switch on and let the unit run for 24 hours. The yogurt should be kept at a temperature of 110℉.

This is extremely important. It's a good idea to check the temperature of your yogurt as it's fermenting. We use a digital thermometer to do this. It can't be used for the heating process as the heat can affect the display.

Sometimes your yogurt maker can overheat. If the temperature gets too high, the cultures can be damaged. We found that after 8 hours the Euro Cuisine did begin to heat the yogurt above 115℉. That's not good. It seems the yogurt maker is designed to keep a constant temperature for 8 hours. After that, it will rise into the 120's.

We found that plugging the unit into a dimmer switch and dimming the power a bit regulated the temperature well over the 24 hour period. You will get the hang of how to do this fairly quickly.

In our beginning efforts the temperature did reach 120℉ for a short time but it didn't seem to affect the yogurt.

When you first start making yogurt it's a good idea to give yourself at least 8 hours to experiment with keeping the temperature well regulated.

STEP 9. PLACE JARS IN THE FRIDGE

After 24 hours, your super healthy live culture yogurt is done. Cover each jar with their individual tops and carefully put the jars in the fridge. Let them rest and cool for 8 hours, and then they're ready to enjoy.