

# High Protein Vegan Greek Yogurt



PREP TIME

3 hrs 5 mins

COOK TIME

14 hrs



COURSE

Breakfast, Gluten Free, Sides, Snacks



SERVINGS

6 servings

CALORIES

127 kcal

## EQUIPMENT

- Instant Pot Can use oven if you don't have an instant pot
- Nutri-bullet or blender
- whisk
- cheesecloth
- collander

## INGREDIENTS

- $\frac{1}{2}$  c store bought vegan yogurt You won't need this next time! Save  $\frac{1}{4}$ c of the batch you're making today.
- 1 qt unsweetened soy milk West brand is great because it has no additives or sweeteners, which can mess up the texture of yogurt.
- 15 oz organic silken tofu

## INSTRUCTIONS

1. Blend tofu in nutri-bullet, adding just enough soymilk until smooth & creamy.
2. Add to instant pot. If you don't have an instant pot you can use your oven on the lowest setting, leaving the door open.
3. Add remaining soy milk to instant pot.
4. Whisk store bought yogurt (or your culture from last time) into the blended soymilk-tofu.
5. Cover and set to yogurt setting.
6. Let sit for 14 hours.
7. Strain through cheesecloth-lined collander. Let sit for 3 hours, stirring occasionally.
8. Save  $\frac{1}{4}$ c as your starter culture for next batch.

9. Add optional flavoring such as stevia, vanilla extract, fruit, jam, etc—note this will alter the macros.

## NUTRITION

### Nutrition Facts

High Protein Vegan Greek Yogurt

Amount Per Serving	
<b>Calories</b>	127
Calories from Fat	57
% Daily Value*	
<b>Fat</b>	6.3g
	10%
<b>Carbohydrates</b>	6.3g
	2%
<b>Protein</b>	11.1g
	22%

\* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD  
gluten free

Tried this recipe?

Let us know how it was!