

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

- ½ c store bought vegan yogurt You won't need this next time! Save ¼c 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 ¼c 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	
Calories 127	Calories from Fat 57
% Daily Value*	
Fat 6.3g	10%
Carbohydrates 6.3g	2%
Protein 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!