

Dairy Free Yogurt (THM FP)

Makes 8 servings.

Ingredients:

- 2 quarts of almond or cashew milk (I made my own to make this extra budget friendly)
- 5tsp gluccie (Glucomannan powder), *optional, see notes
- 5tsp baobab, *optional, see notes
- 1tsp raw local honey (this provides food for the cultures to feed on)
- Vegan yogurt cultures (I bought the brand Cultures For Health)

Instructions:

Take your Crock-Pot and place it on top of a large towel, place lid on top and turn on low.*

Place milk in a large pot on your stovetop and SLOWLY heat up to 180F, whisking occasionally. (Do not boil!)

Add gluccie and baobab (or xanthem gum), whisk.

Remove from burner, allow to cool to 100F, whisking occasionally.

Add honey and 1 packet of cultures (or 1/4 cup of your last batch), place into mason jars. (do not tighten the lids.)

Wrap the jars in cloth and place inside Crock-Pot.*

Turn off and unplug the Crock-Pot, wrap it all in the large towel. *

Incubate for 24 hours.

Remove from Crock-Pot, tighten lids, and place in fridge for 6 hours.

Your yogurt is now ready! If the consistency is not to your liking, you can add more baobab and/or gluccie to thicken.

Notes

- If you don't have baobab or "gluccie" on hand, you replace both with 5 tsp of xanthem gum.
- This yogurt is unsweetened, so if you want to enjoy a bowl, I suggest you sweeten to your liking.
- If you end up with clumps after it cools, just use your immersion blender (or throw it in your regular blender) to break them up.
- When making your next batch, leave 1/4c of your yogurt and use that instead of the cultures. This can be done 7 times. Helps your budget!

*if you have an Instapot, just place jars in there and hit the yogurt setting, set for 24hours.

