

# Almond Milk Yogurt (FP)

## Ingredients:

- 2 quarts of almond milk (I made my own to make this extra budget friendly)
- 5tsp gluccie (Glucomannan powder)
- 5tsp Baobab powder
- 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 almond milk in a pot and SLOWLY heat up to 180F, whisking occasionally. (Do not boil!)

Add gluccie and Baobab, whisk.

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

Add honey and 1 packet of cultures, place into mason jars. (do not tighten the lids.)

Wrap the jars in cloth and place inside crock pot.\*

Turn off and unplug crockpot, wrap it all in the large towel. \*

Incubate for 24 hours.

Remove from crockpot, 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:

- This yogurt is unsweetened, so if you want to enjoy a bowl, I suggest you sweeten to your liking.
- If you end up with gluccie 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.