



Glenn S

# Homemade Greek Yogurt

## Ingredients

8 servings



**2 cups** water  
hot



**1 cup** water  
tepid



**2 ¼ cup** whole milk powder



**½ cup** plain yoghurt  
with live microorganisms, no longer  
than a week old from last culture, or  
from fresh Nestle Greek Yogurt

## Instructions

### Step 1

At night, mix hot water and milk powder until no lumps

### Step 2

Add tepid water. Mix again. Check temperature.

### Step 3

Check temp after every 10-15 minutes. Should be between 46-48 C. If not, cover and let it cool more, measuring after 5 minute increments.

### Step 4

Get the starter or fresh yogurt package from the fridge. Add it all into the milk mixture and stir thoroughly.

### Step 5

Store into enclosed containers. Make sure you separate the starter from the yogurt for eating. Insulate by placing in a cooler bag, then wrap the top with a towel for added insulation.

### Step 6

Check in the morning if the yogurt has set.



Step 7

Store in fridge for up to two weeks. Ideally, consume the entire thing in one week and make a fresh batch.

### Nutrition per serving

Percent Daily Values based on a 2,000 calorie diet.

Calories	9%	187.82kcal	Total Fat	14%	10.11g	Carbs	6%	14.54g
Sugars	16%	14.54g	Protein	20%	10g	Sodium	7%	140.51mg
Saturated Fat	32%	6.34g	Monounsaturated Fat		2.99g	Polyunsaturated Fat		0.25g
Cholesterol	12%	36.89mg	Calcium	43%	346.63mg	Magnesium	9%	32.42mg
Potassium	14%	502.22mg	Iron	1%	0.18mg	Zinc	13%	1.29mg
Phosphorus	42%	293.72mg	Vitamin A	13%	105.35mcg	Vitamin C	4%	3.17mg
Thiamin B1	10%	0.11mg	Riboflavin B2	33%	0.46mg	Niacin B3	2%	0.25mg
Vitamin B6	8%	0.11mg	Folic Acid B9	7%	14.38mcg	Vitamin B12	49%	1.23mcg
Vitamin D	4%	0.2mcg	Vitamin E	2%	0.22mg	Vitamin K	1%	0.82mcg

Health Score

4.1/10

Low

Rating

2 Saves · 1 Notes 1 liked

My notes

What would I change next time?