



# YOGURT

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**Vegan**



TIPS, TRICKS, AND EVERYTHING  
YOU NEED TO MAKE IT YOURS!

# WHAT YOU NEED

## Ingredients

- 1 packet yogurt starter  
store extras in the freezer
- Additive-free soy milk

## Equipment

- Thermometer
- Culturing container  
(glass or plastic)
- Yogurt maker or similar appliance  
that holds at 105-112°F
- Mixing utensil

# MAKING YOGURT

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1. Heat 1-2 quarts of soy milk to 110°F.

**Note:** for thicker yogurt, see our note about adding pectin at this step on the next page.

2. Add 1 packet of yogurt starter and mix thoroughly.



For larger batches of yogurt, use 2 packets of starter to culture 1-4 gallons of milk..

3. Pour the mixture into the culturing container.
4. Cover and culture at 108-110°F for approximately 6-8 hours in a yogurt maker or similar appliance.

# MAKING YOGURT

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## *PRO TIP!*

Plant-based yogurt will not thicken on its own (with the exception of soy milk). To make a thicker yogurt, stir 2 teaspoons of calcium-activated pectin and calcium water into your milk and heat to 140 degrees. Cool to 110 degrees before adding the culture.

5. After 8 hours, place a tight lid on the container and let cool for 2 hours at room temperature.
6. Refrigerate for at least 6 hours before eating.