

Lactose-Free Honey-Vanilla Yogurt

The 19-hour culture (see Lactose-Free recipe) creates a lactose-free yogurt that is thick and creamy but quite tart. To create a mild, lightly sweetened honey-vanilla yogurt, start with the long-cultured, tart yogurt recipe on the previous page. Stir in the baking soda and allow it to sit for a few minutes while some of the acid is neutralized. Then combine the vanilla and honey or sugar to taste. The yogurt will thin slightly after stirring but will remain delicious.

Ingredients		By volume
Plain lactose-free yogurt	1 C	250 ml
Baking soda	¼ tsp	1 g
Vanilla extract	¼ tsp	1.25 ml
Honey (or sugar)	2-3 tsp, or to taste	10-15 ml

Custard-Style Lactose-Free Yogurt

For a mild, naturally sweet yogurt without added sugar, another option is to make our original custard-style yogurt recipe using lactose-free milk and lactose-free, live culture yogurt to start the culture. This recipe will create a mild, naturally sweet yogurt with a subtle “cooked sugar” taste. The extra sweetness comes from the lactose-free milk, in which lactase enzymes break down lactose into other sugars (glucose and galactose), which have a sweeter taste than lactose.

Additional recipes for **Goat Milk Yogurt** and **Non-Dairy Yogurt** including **Soy Yogurt** and **Coconut Yogurt** can be found on our website:

brodandtaylor.com/yogurt-recipes/