



# CULTURES *for* HEALTH

## VEGAN YOGURT STARTER

### BEFORE YOU GET STARTED

- This box contains 4 packets of freeze-dried yogurt starter. Store extra packets in freezer until ready to use.
- **If at any point you have questions or concerns about your culturing process, contact Customer Support before discarding anything.**

### INSTRUCTIONS FOR MAKING YOGURT

- 1 Heat 1-2 quarts soy milk to 110°F.
  - 2 Pour into a glass or plastic container.
  - 3 Add 1 packet of yogurt starter; mix thoroughly.
  - 4 Cover and culture at 108°F for approximately 6 to 8 hours in a yogurt maker or similar appliance.
  - 5 Once it has set, or after 8 hours, place a tight lid on the container and refrigerate for at least 6 hours. Yogurt may not thicken. If thickening agent has been added, shake well before refrigerating.
- You may need to add thickeners to obtain a yogurt-like consistency. Yogurt that has not set still contains probiotics and may be consumed.
  - To make larger batches, use 2 packets to culture 1-4 gallons soy milk.
  - For specific instructions on culturing other non-dairy milks and adding thickeners, please visit our website.
  - Use non-dairy milk with as few additives or preservatives as possible.
  - Fermented foods often have a sour but clean aroma and flavor. Never consume anything that smells or tastes unpleasant.

**For additional tips, troubleshooting, how-to videos, and recipes using yogurt, please visit our website.**



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