

CULTURES for HEALTH

VEGAN YOGURT STARTER

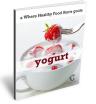
BEFORE YOU GET STARTED

- 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 yogurtlike 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.



FREE eBOOKS LEARN TO MAKE YOGURT, KEFIR, CHEESE, SOURDOUGH, KOMBUCHA, AND MORE.

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6707-15015