

ORGANIC DIY YOGURT

Ingredients

- 1 Liter of Organic Milk
- 1 tsp of Yogi House Yogurt Culture Powder
- 2~3 tsp of Organic Oligo

Yogi House Yogurt Maker (with glass bottle)
Digital Thermometer
Clean Cloth



Method

- 1) Sterilize the new glass bottle with hot water, after which dry it with a clean cloth.
- 2) Pour 1 Liter of Organic Milk into a pot and bring it to warm over a low fire.
When the temperature reaches about 42 ~ 44 degree Celsius, turn off the fire and let the temperature stabilize at about 46 degree Celsius before pouring the milk into the glass bottle.
- 3) Add 1 tsp of Yogi House Yogurt Culture Powder into the bottle and stir slowly.
- 4) Add 2~3 tsp of Organic Oligo and continue to stir.
- 5) Put the glass bottle into the box and leave it standing for 8 hours.
If liquid appears on the top layer of the yogurt after 8 hours, pour it away before chilling it in the refrigerator.

Your yogurt is now ready and best consumed within 1 week.

You may also enjoy your yogurt by adding some toppings like Juice Jam, Honey, fruits, nuts or Fructose for better flavors

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