



## Homemade Plain Yogurt



Cook  
30 m

Ready In  
10 h

Recipe By: EatingWell Test Kitchen

“Learning how to make yogurt at home is simple with this easy homemade yogurt recipe. To make homemade yogurt, heat milk, combine with a little bit of already-cultured yogurt and let it sit in a warm spot until the milk turns into yogurt. If you want to keep making your own homemade yogurt, save some of the last batch to help start the next batch of yogurt.”

### Ingredients

- 4 cups nonfat or low-fat milk
- ¼ cup nonfat or low-fat plain yogurt

**\* I use one tablespoon of yogurt \***

### Directions

- 1 Heat milk in a large saucepan over medium-high heat, stirring frequently, until it is steaming, barely bubbling and registers 180°F on an instant-read or candy thermometer. (Do not leave unattended—it can boil over very quickly.)
- 2 Carefully pour the milk into a clean, heat-safe 5- to 8-cup container. Let stand, stirring frequently, until cooled to 110°F. Combine yogurt with ½ cup of the 110 degrees milk in a small bowl, then stir the mixture back into the warm milk.
- 3 Cover the container and wrap in a clean kitchen towel to help keep it warm. Place in a very warm place (see Tip) and let stand, undisturbed, until thickened and tangy, at least 8 hours and up to 12 hours. Refrigerate until cold, about 2 hours. The yogurt will thicken a bit more in the refrigerator. **I don't wrap the container. The pilot light keeps the oven warm enough. I let it ferment 24 hours.**

Make Ahead Tip: Refrigerate for up to 1 week.

Equipment: 5- to 8-cup container with lid, thermometer

There are a few ways to create a very warm (about 110°F) environment for making yogurt.

Oven method: Turn your oven on to 200° for about 5 minutes, then turn it off. Add the towel-wrapped container of yogurt and if you have an oven light, turn it on for added warmth.

Cooler method: Place a hot water bottle (or other small container) filled with very hot water alongside the towel-wrapped container in a small cooler.

Heating pad method: Wrap a heating pad set to High around the towel-wrapped container.