

Instant-Pot Yogurt

Makes 16 servings (1 serving = ½ cup)

½ gallon milk

2-3 Tbsp plain unsweetened yogurt
(containing live active cultures)



1. Clean your instant pot by rinsing 2-3x with boiling water to remove any smells.
2. Pour the milk into the instant pot, close the lid, and press yogurt button until the screen reads “boil.”
3. Once instant pot beeps and the front screen reads, “yogurt,” open the lid and confirm that the temperature is about 180 degrees Fahrenheit.
4. Allow milk to cool to 105-110 degrees Fahrenheit either by leaving it on the counter or cooling the stainless-steel lining in an ice bath (about 15 minutes).
5. Once the milk has cooled, remove and discard the “skin” layer that has formed on top and whisk in yogurt of your choice.
6. Close the lid of the instant pot once more and press the yogurt button until the screen reads “8:00” which is 8 hours. (Note* The timer counts up to 8 hours not down from 8 hours).
7. Once the Instant pot beeps and the screen reads “yogurt” stir until creamy and store in an air tight container in the refrigerator for 10-14 days.



Nutrition per ½ cup (with 2% milk): 72 calories; 2g Fat; 6g Protein; 8g Carbohydrates; 0g Fiber; 80mg Sodium

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