

Homemade Greek Yogurt

Ingredients:

½ gallon fluid milk, any fat level is fine

2 Tablespoons plain yogurt with live active cultures

Sugar, honey, fruit and flavorings to taste

Steps:

1. Place milk in a large stock pot, and heat to 180 degrees, stirring constantly so milk does not scorch. (can also heat in microwave, testing every few minutes)
2. Remove from heat and allow milk to cool to 105-110 degrees. You can stir occasionally to help speed up the process of cooling.
3. Once cooled, add the 2-3 Tablespoons of plain yogurt and whisk in well.
4. Cover pot, wrap pot in towels, and place into un-heated oven with oven light on only.
5. Let milk rest in oven 7 to 8 hours.
6. Remove yogurt from oven, pour yogurt into a strainer (colander) that has been placed into a large bowl and lined with coffee filters, or 4 layers of cheesecloth.
7. Allow the yogurt to drain 3-4 hours or longer if you prefer a thicker yogurt. If the yogurt becomes too thick, you can easily add back a portion of the whey liquid.
8. Mix in honey or other sweetener, vanilla flavor, fruit or other flavors that you desire to sweeten and flavor your yogurt.