GLOBAL · BREAKFAST · SNACK

# Easy Homemade Plain Yoghurt

45 min · plus 5–8 hours culturing, then chilling · Makes 7 × ¾ cup (180 g) · 112 kcal a portion

Video 6:41 · Everyday Food

Carnivore · Vegetarian · Gluten-free ingredients · No nuts listed

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Just milk and live cultures, with no added sugar or thickeners: a ¾-cup bowl gives about 6 g protein, a third of a day's vitamin B12 and some calcium for about 110 kcal.

**Diet notes:** Low carb (8.8 g net carbs) but not keto: 49% of the energy is from fat, and keto meals get about 60% or more.

## Ingredients 2 · MAKES 7 × ¾ CUP (180 G)

- ☐ 1.2 L whole **milk**
- ☐ 60 g **plain yoghurt** with live cultures (the starter)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Heat 1.2 L whole milk in a heavy saucepan over medium heat, stirring now and then so nothing catches, to 82–85°C on an instant-read thermometer. This sets the milk proteins for a silkier yoghurt. 1:03
2. Turn off the heat and let the milk cool to about 43°C; any hotter and it will kill the cultures. 2:02
3. Put 60 ml plain yoghurt with live cultures in a glass bowl, whisk in a little of the warm milk, then whisk in the rest. 2:45
4. Cover with plastic wrap, poke a few small holes in it and keep the bowl somewhere warm, around 32–38°C — such as the oven, switched off — for 5–8 hours or overnight, until set. 4:18
5. Refrigerate until well chilled. Stir the whey back in for a smooth, pourable yoghurt, or strain it in cheesecloth for a thicker one. Save 60 ml as the starter for your next batch. 4:46

> **Tip** Makes about 1.2 L. For a lower-fat yoghurt use reduced-fat milk; for a richer one replace a little milk with cream. Serve with berries, or savoury with olive oil, salt, pepper and cucumber.

The method is a summary in our words — the video shows every step.

## One portion, ¾ cup (180 g), gives you 1 OF 7 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 112 kcal | 5.9 g | 8.8 g | 0 g | 6 g | 80 mg |
| 470 kJ | 12% of a day | 8.8 g net · 9.3 g sugars | 0% of a day | 3.5 g saturated | 3% of a day |
| | | 3% of a day | | 8% of a day | |

**Energy from** net carbs 31% · protein 21% · fat 48%

**High in** (20%+ of a day) Vitamin B12 34%

**Source of** (10–19%) Calcium 16% · Selenium 12%

**Recipe and video:** Everyday Food (@everydayfood) on YouTube — youtube.com/watch?v=z6GPM1BqlkI, published 28 April 2020. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/easy-homemade-plain-yoghurt