



CULTURES *for* HEALTH

TRADITIONAL FLAVOR YOGURT STARTER

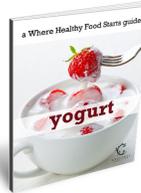
BEFORE YOU GET STARTED

- This box contains 4 packets of freeze-dried yogurt starter. Store extra packets in the freezer until ready to use.
- **If at any point you have questions or concerns about your culturing process, contact Customer Support before discarding anything.**
- **Avoid using ultra-pasteurized or UHT milk.**
- **If you wish to use raw milk to make yogurt, please visit our website for detailed instructions.**

INSTRUCTIONS FOR MAKING YOGURT

- 1 Heat 1-2 quarts milk to 180°F.
 - 2 Cool to 115°F.
 - 3 Pour into a glass or plastic container.
 - 4 Add 1 packet yogurt starter; mix thoroughly.
 - 5 Cover and culture at 105°-110°F for approximately 7-8 hours in a yogurt maker or similar appliance.
 - 6 Once it has set, place a tight lid on the container and refrigerate for at least 6 hours.
- To make larger batches, use 2 packets to culture 1-4 gallons milk.
 - Avoid aluminum pots and utensils when making yogurt. Stainless steel is acceptable.
 - Fermented foods often have a sour but clean aroma and flavor. Never consume anything that smells or tastes unpleasant.

For additional tips, troubleshooting, how-to videos, and recipes using yogurt, please visit our website.



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