

HOMEMADE YOGURT

BECOME A YOGURT YODA

SUPPLIES:

-  1/2 gallon milk
-  40- 2 ounce recycled baby food jars and lids
-  4 tablespoons pre-made yogurt OR 1 packet yogurt starter culture
-  8" x 11" baking sheet

INSTRUCTIONS:

1. HEAT IT!

Heat milk on the stove over medium heat until it reaches 180°F.

2. COOL IT!

Pour heated milk into clean shallow pan to cool, either by sitting on the counter or in a cool water bath until the temperature drops to 115°F.

3. STIR IT!

Add the pre-made yogurt, and lightly stir enough to incorporate into the milk.

4. POUR IT!

Pour into clean jars, and place on cookie sheet in oven (with the light on) for 12-24 hours. The light provides a consistent heat of 110°F.

5. CHILL IT!

Put jars into the refrigerator until the yogurt is cold. Let it set for approximately 4 to 6 hours.

OPTIONAL: Add your favorite fruit and toppings!



For more information, visit
FloridaMilk.com/in-the-schools



EXPLAIN IT!

YOGURT IS MADE USING BACTERIA WHICH ARE GOOD FOR US. HEATING THE MILK PASTEURIZES IT. THIS KILLS OFF ANY BACTERIA THAT MIGHT COMPETE WITH YOUR GOOD YOGURT-MAKING BACTERIA. COOLING THE MILK SLIGHTLY BEFORE ADDING THE YOGURT PREVENTS THE HIGH TEMPERATURES FROM KILLING THE GOOD BACTERIA! THE BACTERIA FEEDS ON THE LACTOSE IN THE MILK AND PRODUCES LACTIC ACID AS A BY-PRODUCT (THIS IS A TYPE OF FERMENTATION). THE LACTIC ACID CAUSES THE MILK TO COAGULATE AND THICKEN. YOU'VE MADE YOGURT!

1. WHEN IS THE BACTERIA ADDED TO THE YOGURT?

- A. WHEN THE YOGURT IS IN THE OVEN OVERNIGHT**
- B. WHEN YOU ADD THE PRE-MADE YOGURT**

2. WHAT DOES GOOD BACTERIA DO TO OUR BODIES?

- A. HELP OUR IMMUNE SYSTEM**
- B. MAKES OUR HAIR GROW FASTER**

3. WHAT DOES THE GOOD BACTERIA EAT TO MAKE YOGURT?

- A. THE MILK'S BACTERIA**
- B. THE MILK'S SUGAR**

Answers: 1. B, 2. A, 3. B