

Instant Pot Cold Start Yogurt

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Zero point yogurt, made right in your kitchen!

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- 1 57 oz bottle Fat Free Fairlife Milk (MUST BE ULTRA FILTERED/ULTRA PASTEURIZED FOR COLD START)
- 1 Heaping Tablespoon fat free Greek yogurt
- 1 Tbsp vanilla extract (optional)

1. Pour milk into Instant Pot. [This is the one I use](#). Add vanilla and yogurt and whisk until frothy. Place lid on, press yogurt button. Set for 8 hours.
2. When timer goes off, pour yogurt into a mesh sieve lined with coffee filters or cheesecloth. Place in refrigerator. Let strain until desired consistency. If it gets too thick, add some whey back in and stir. Refrigerate. Keeps for 10-14 days in fridge.