

Instant Pot Yogurt (cook method)

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Points, calories and servings are dependent on how much you make and what type of milk you use.

- Instant Pot
 - Milk – your choice of size (1/2 gallon or gallon) and your choice of fat content
 - Yogurt with live active cultures to use as starter – 1 Tbsp of yogurt per 1 quart of milk used
1. Pour your milk into the liner pot of the Instant Pot. Press the “Yogurt” button until the screen reads “BOIL.” Place the lid back onto the Instant Pot, with the vent open, and let it come up to a boil. (Optional step- stir occasionally, this helps reduce scalding on the bottom
 2. When the Instant Pot beeps, take the lid off and make sure it’s up at 180° F.
 3. Let the milk sit at temperature for 15-20mins, this will help thicken the end product.
 4. Now carefully pull out the Instant Pot bowl and place in a cold water bath, stirring occasionally, to slowly bring the temperature of the milk back down to 110-115° F.

5. Once the yogurt is back down to 110° F, remove the pot from the water bath and dry the bottom and sides and add one tablespoon of starter yogurt for each quart of milk used and whisk in to break the clump up.
6. Return the pot to the heating unit and re-cover. Press the "Yogurt" button again and then the "Adjust" button so it reads "8:00," 8:00 stands for 8 hours.
7. When done, cool in the fridge for about 4 hours to let it set.
8. (Optional for Greek Yogurt) Strain your yogurt.
9. (optional) Jar your yogurt in mason jars with plastic lids

Breakfast, Snack
yogurt