



THE ART OF DAIRY DELIGHTS

YOGURT

- 1 quart skim milk
- ½ cup plain yogurt (with live acidophilus cultures)

Heat milk to almost boiling (or 180 degrees). Remove from heat and allow to cool to 110 degrees. Thoroughly whisk yogurt into milk. Pour into containers and cover with lids. Keep in warm place such as a cooler with boiling water added for 6 to 10 hours, or until desired consistency. Store in refrigerator.