Callie Dorsett

Intermediate

Dairy

Nacogdoches

Easiest Yogurt Ever

Ingredients:
1 Carton of Fairlife milk (you can use whole, 2% or 1 %)
1 TBSP of plain yogurt

Instant Pot Duo Electric Pressure Cooker needed for this recipe

Directions: Pour milk into inner pot of your Instant Pot. Mix the Tablespoon of yogurt into the milk well with a whisk. Put your lid on the Instant Pot. Since you are not cooking the yogurt under pressure, you can use a glass lid. Push the "Yogurt" button and adjust time. Typically, you want to select 8-10 hours. I always do eight. It makes a less tangy yogurt. Make sure your setting is on normal. Now you wait! After time is up, place the pot in the refrigerator to set overnight. Your yogurt is ready to eat!

You can strain the yogurt to make it thicker. However, with this method, it is pretty thick after it sets up.

This yogurt is not sweet. Once it has set in the refrigerator overnight, you can ad sweetener to your liking. I like to add sugar and vanilla. I also like to add fresh fruit, lemon curd, or homemade granola to my yogurt. You can also use this yogurt as a substitute for mayonnaise or sour cream.