

For Kapha Dosha

Lesson 2

GF

Homemade Yogurt

makes 1 quart (1 L)

- 2** tablespoons plain yogurt
- 1** quart (1 L) organic whole milk

Allow yogurt starter to reach room temperature. Boil milk until it foams. Remove from heat, and allow to cool to about 100°F (40°C). Pour milk into a thoroughly cleaned glass jar or ceramic bowl. Mix in the yogurt starter. Cover the jar or bowl, and set aside in a warm place (for example, on the stovetop or in the oven heated only by the oven light). This gentle heat will activate the yogurt-making process. Let sit overnight. In the morning, you'll have delicious, sweet-tasting, fresh yogurt. You can also use an electric yogurt maker.