

How to Make Yogurt

Ingredients: Milk (whole milk or 2%), yogurt with active cultures (store bought or homemade)

- Zero Waste Pro Tip: buy milk in glass refillable jar; pour into repurposed glass jars

Raise milk to: 190 – 200 degrees. Stir with a whisk every couple minutes to keep milk from scalding. Once 190 is reached, remove from heat and allow to cool (can use water bath in sink to bring temperature down more quickly).

Lower temperature to: 110/100 degrees. Add yogurt (3 TBS per 1 quart milk - approximately), whisk in well (do a small pour of milk and whisk until yogurt is incorporated, then add the rest of the milk and whisk well). Pour into glass jars with lids.

Keep mixture at 100 - 115 degrees for 4-6 hours in a yogurt maker or dehydrator. Without a dehydrator or yogurt maker, try these approaches: <https://www.thespruceeats.com/make-yogurt-without-yogurt-maker-recipe-1807114>

Lasts about 2-3 weeks in the fridge

How to Make Granola

Ingredients:

- 8 cups oats
- 2.5 cups coconut (shredded)
- 2.5 cups nuts and seeds (you pick the combo and ratios – almonds, cashew, sunflower seeds, chia seeds, etc.)
- 2/3 cup honey
- ¾ cup butter (1.5 sticks)
- 4 teaspoon cinnamon
- 1 teaspoon salt
- Dried fruit (raisins, cranberries, etc.) optional

Process:

Mix dry ingredients except fruit. Melt honey and butter together. Drizzle honey/butter mixture over dry ingredients and coat well. Pour into a deep baking pan. Put in oven; stir after 15 min and for every 3-5 min until it is the toasty-ness you like (about 25-35 min, depending on the size of your batch).

NOTE: this recipe has already been tripled and it makes about a gallon of granola. Feel free to reduce the recipe proportionately. Lasts about 3-4 weeks or more!

PRO TIPS:

- Draining Yogurt to make a thick yogurt/yogurt cheese. Can rub in dried or fresh herbs and salt and pepper and spread on bread or crackers. Or, make into tzaiki
- Using the whey from draining as a substitute for water in making rice, to soup broth, to smoothies, etc. for extra flavor and protein. Can also freeze and use later.
- Making yogurt is a good way to extend the shelf life of milk.