



Homemade Yogurt

Recipe Courtesy Chef Bryan Woolley

5 cups nonfat milk
¼ cup plain yogurt

1. Heat milk up to 185 degree's (stir so it doesn't burn). Allow to cool to about 110 degrees.
2. Place plain yogurt into a mixing bowl and gradually add cooled milk (110 degree's) into the yogurt mixture.
3. Place a large plate or plastic wrap over the bowl and wrap with a couple of large towels.
4. Keep bowl warm about (about 80 degrees).
5. It takes about 5 hours to create your yummy yogurt.

Things To Do (but not limited to) With Your Yogurt:

Honey Strawberry Yogurt

1 cup yogurt
2 tbsp honey
¼ cup chopped strawberries
2 tsp vanilla extract
Mix all together, chill and serve.

Fresh Fruit and Strawberries

1 cup yogurt
2 tbsp honey
¼ cup granola
½ cup fresh berries
Mix all together, serve and chill.

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Nutritional Analysis – Plain Homemade Yogurt

Serving size: 1 cup; Number of servings: 5

Calories	100
Protein	10g
Carbohydrate	14g
Fat	0g
Cholesterol	5mg
Sodium	140mg
Calcium	270mg

Diabetic Exchanges

Protein	1.5
Fat	0
Carbohydrates	1