

# Homemade Yoghurt

## Ingredients:

- 1 litre full cream or 1.5% fat milk
- ¼ cup natural yoghurt, unsweetened



## Directions:

1. Gently heat milk to just above blood temperature, 42C if you have a thermometer - this is the perfect temperature for bacteria to grow.
2. In a clean thermo flask, plastic container or glass bowl, mix milk and yoghurt together until well combined.
3. Screw on lid tightly, wrap in a tea towel, and leave in a warm place overnight or for at least 8 hours (the hot water cupboard is ideal).
4. The next morning, you'll have fresh yoghurt! If the yoghurt is a little grainy, simply whisk it until smooth.
5. Now you can flavour your yoghurt with anything you like e.g. fruit puree (I like canned black doris plums that have been stoned and pureed) or fruit jam.

Recipe courtesy of Melissa Hughes for **Kidspot**