

## LOW FAT GREEK YOGURT

Prep Time: 5 minutes // Cook Time: 35 minutes // Incubation: 8 hours // Total Time: 45 minutes  
Makes: 14 servings

NUTRITION Servings: Calories: 118kcal | Calories from Fat 9\ % Daily Value: Fat 1g 2%, Saturated Fat 1g 6%, Cholesterol 10mg 3%, Sodium 72mg 3%, Potassium 282mg 8%, Carbohydrates 6g 2%, Sugar 6g 7%, Protein 20g 40%, Vitamin A 8IU 0%, Calcium 220mg 22%, Iron 1mg 6%

### Ingredients

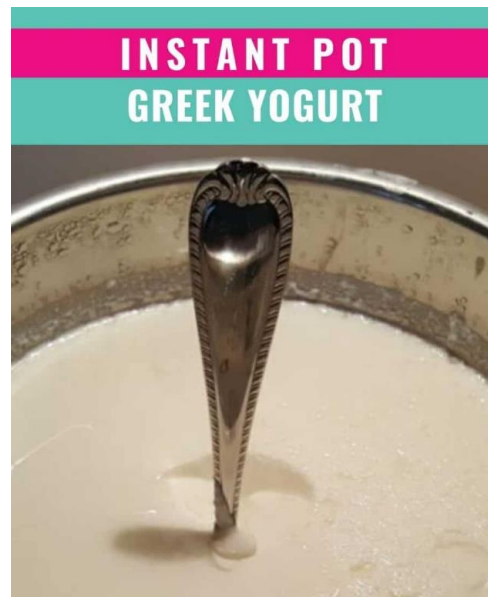
- 1 Gallon 2% Milk, Low Fat or Fat Free Milk
- 2 Tablespoons Yogurt Starter
- Thermometer
- Large Pot(can hold 1 gallon) // or Instant Pot

### STERILIZE (OPTIONAL)

1. Add three cups of water to the Instant Pot cooking pot, lock on lid and close Pressure Valve. Push the Steam button and adjust time to 5 minutes.
2. When Beep is heard, open Pressure Valve (Quick Release). When all pressure has been released, remove lid and dump out the water. Dry and cool off cooking pot.

### MAKE YOGURT (NOT UNDER PRESSURE)—You can also use a regular pot!

1. Pour Milk into cold/cool Pressure Cooker cooking pot. Put Instant POT on Saute Mode.
2. Bring milk to temperature @ 180 degrees, repeat last step or use the Sauté/Low function to get it up to temp.
  - a. **BE SURE TO whisk continuously!!!**
3. When 180 degrees is reached, remove cooking pot and place in kitchen sink full of cold water.
4. Cool Milk down to 95-110 degrees, whisking often.
5. Temper starter - scoop out some Milk and whisk in the Starter.
6. Pour Milk (w/the Starter) back into cooking pot, whisk thoroughly.
7. Place cooking pot back into the Instant Pot and cover with IP Lid or Glass Lid. Press Yogurt button.
8. The display screen will say 8:00 (hit again or Adjust, if necessary).
  - a. {For IP Plus, press Yogurt button repeatedly until the display says 8:00 Normal} Make sure display says "Normal." Use the +/- button to adjust time to your desired level of tartness. The program will end after whatever time you have set to incubate.
  - b. **If you don't have an instant pot keep on warm in your oven, or on warm in your slow cooker, or use a pot covered on warm in your oven!**
9. When Cycle ends, remove cooking pot (covered) to refrigerator, until cool, 6-8 hours (undisturbed).



## HOW TO MAKE IT GREEK YOGURT

1. Use a Yogurt Strainer and strain the yogurt in the refrigerator for at least two hours. Your whey should be translucent/clear.
2. If the whey is cloudy, add another layer of cheesecloth/butter muslin to your straining device. The Euro Strainer should produce clear whey.

## Keto/Low Carb Yogurt

1. Adjust time to 14 hours and then strain yogurt overnight in the refrigerator.
2. Notes: Whisking the milk every 10 minutes during the boil cycle will help the milk come up to temperature quicker.
3. Getting milk to 183-185 degrees and holding there for a few minutes, will yield a thicker yogurt.
4. Boil Cycle will take about 45 minutes.
5. Cool Down will take about 10 minutes.
6. Greek Yogurt is simply yogurt made from milk and a live culture starter and then strained for at least two hours.

***Don't forget to save some of the strained yogurt in ice cube trays to use as your future starter.***

***Low fat and fat free milk will work, just please note the consistency will be thinner.***

## HOW TO MAKE LOW CARB YOGURT

Incubating the yogurt for longer periods of time will rid the yogurt of more sugars, so that the yogurt will be lower in carbs. The longer you strain the yogurt, the more whey is released, which means more carbs are also strained.



### **This is yogurt strainer you can find on amazon!**

[https://www.amazon.com/Hatrigo-Strainer-Capacity-Stainlesscontainer/dp/B088Z32B31/ref=sr\\_1\\_1\\_sspa?crd=2VUZA23JSVRCG&keywords=yogurt+strainer&qid=1672844746&s=home-garden&sprefix=yogurt+strainer%2Cgarden%2C273&sr=1-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyQlc0NEQ0TEISSIBJJmVuY3J5cHRIZEikPUEwMjA2MDIwMTIROFJGSK1aODdJRSZlbnNyeXB0ZWRBZEikPUEwOTQ3NzEwMU8xUkpFNUE4SFhMUSZ3aWRnZXROYW1lPXMwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=](https://www.amazon.com/Hatrigo-Strainer-Capacity-Stainlesscontainer/dp/B088Z32B31/ref=sr_1_1_sspa?crd=2VUZA23JSVRCG&keywords=yogurt+strainer&qid=1672844746&s=home-garden&sprefix=yogurt+strainer%2Cgarden%2C273&sr=1-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyQlc0NEQ0TEISSIBJJmVuY3J5cHRIZEikPUEwMjA2MDIwMTIROFJGSK1aODdJRSZlbnNyeXB0ZWRBZEikPUEwOTQ3NzEwMU8xUkpFNUE4SFhMUSZ3aWRnZXROYW1lPXMwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=)