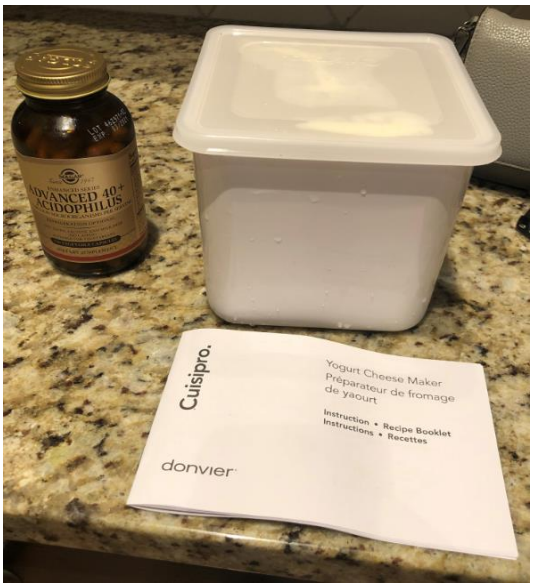
Easy Vegan Yogurt

From: https://www.youtube.com/watch?v=q4jzNbRR3_Q

This can be used plain as sour cream or sweetened and mixed with berries/fruit/all fruit preserves and used in crepes, to top pancakes, or in a yogurt granola parfait.



Makes: 1 quart

Ingredients:

- 1-quart unsweetened, non-dairy milk (I used West Soy unsweetened plain or vanilla)
- 5 probiotic capsules (I used Solgar Advanced 40+ Acidophilus, bought on Amazon)
- Optional: sweetener of choice (agave, fruit spread, honey, etc.), vanilla, granola, berries, chopped fruit, coconut cream (see recipe), etc.

Directions:

1. Pour non-dairy milk in instant pot. Open probiotic capsules and stir into milk.
2. Cover instant pot, set to seal, press yogurt button to cook for 8 hours.
3. Once instant pot is done, stir yogurt, removed inner stainless-steel pot, cover with glass lid, and put in frig to cool.
4. Once cooled, pour yogurt into yogurt strainer and place back in refrigerator to drain overnight (I used Cuisipro Yogurt Cheese Maker).
5. Remove thick yogurt from strainer (save strained liquid to use in cheese sauce recipe – see recipes). You can eat plain, use as sour cream or add sweeter of choice (we used strawberry preserves to taste) and anything else you want.