

Homemade Vegan Yogurt

Two quarts of milk render approximately six to eight 6 ounce jars of yogurt, depending on how long you strain and how much fruit you add to flavor. I typically double the recipe due to the lengthy process and high demand from the kiddos.

Ingredients

Yogurt
2 quarts West Soy soy milk
1 packet vegan yogurt starter culture
Vanilla Base
½ cup maple syrup
1 teaspoon vanilla extract
Flavoring Options
1 cup strawberries, rinsed, trimmed, and pureed
1 cup blueberries, rinsed and pureed
1 cup raspberries, rinsed and pureed
1 cup peaches, rinsed and pureed
Topping Options
granola
almonds
walnuts
coconut shreds
gogi berries
fruit



Method

1. Shake soy milk well and add to the Instant Pot. Press the 'yogurt' button on the Instant Pot repeatedly until the display says 'boil'. Put the lid on and make sure the top vent is closed. The display will blink a few seconds then beep letting you know the boiling is beginning.
2. After the boiling cycle is complete, the machine will beep and the display will show 'yogurt'. Remove the lid and stir well. With an electric thermometer, check the temperature, which should be somewhere between 180 and 185 degrees. If the milk is not hot enough, press the 'sauté' button on the Instant Pot and continue to heat and stir until the milk reaches the desired temperature. Stir well to make sure there are no hot spots and the temperature reflects the true overall temperature.
3. Once the milk temperature has risen to between 180 and 185 degrees, remove the metal pot insert from the Instant Pot and either place in an ice bath in your sink or on the counter to cool down to the temperature of 110 degrees. The ice bath simply cools the milk faster and saves you time, but there is no downside to letting it rest on the counter, as long as you don't let the temp drop below 110.
4. Once the milk has cooled to 110 degrees, remove one cup of the milk and mix in the packet of the

yogurt starter packet. When mixed well, pour the cup back into the pot and again stir well.

5. Place the pot back into the Instant Pot, put the top on, close the vent, and press the yogurt button then select the time using the plus or minus buttons. I use 8 hours, however you may choose a longer time if so desired...the longer it brews, the more tangy the yogurt tastes when finished.

6. After the time expires, remove the bowl insert, cover with saran wrap or a instant pot glass lid and refrigerate for 24 hours.

7. After 24 hours, transfer the yogurt to either the greek yogurt strainer or a colander lined with cheesecloth. If you choose the colander, set it over a medium glass bowl to catch the liquid that strains out from the mixture. Check the bowl occasionally to dump the liquid. Let the yogurt drain for 24-48 hours. The longer you let it drain, the thicker the yogurt will be (think regular vs greek/custardy yogurt. I tend to wait 48 hours as I prefer is creamy and thicker. As you can see below, I used the strainer. It was full when poured in the yogurt. After straining for 48 hours, it will have reduced by about half and released approximately 5 cups of liquid. The strained yogurt will be firm and chunky.

8. Once drained, transfer the yogurt to a medium mixing bowl. Whisk until the yogurt is smooth with no chunks. You can stop here if you like plain yogurt or you can use it as a vegan sour cream in any recipe that calls for it.

9. If you like flavored yogurt, here is the fun part! To begin, I always start by making a base of vanilla yogurt, then add additional varieties from there. To make vanilla yogurt, whisk in the maple syrup and vanilla extract. Please taste test after this step! You may need to adjust the measurements added, as each batch will vary in the amount of yogurt rendered based on the draining time. You may require more syrup and vanilla to get the sweetness you like.

10. After making the vanilla yogurt, you can flavor with any fresh fruit. Simply puree the fruit in a food processor and gently stir into the yogurt. I love the plain vanilla, but the strawberry and peach are also outstanding. Get creative! Mix and match and let me know your favorite combinations. Top with whatever floats your boat, I typically sprinkle it with granola.

Source: [The Ginger Veganista \(Servings: 8 | Yield: between 36 and 48 ounces\)](#)
