

Litterless lunches 101: DIY Yogurt

Yogurt has been a component of the human diet for thousands of years because it tastes great and is packed full of protein and healthy bacteria. Commercially available yogurt can be quite high in sugar, pretty low in actual fruit and doesn't often taste as good as it promises, so why not pack some plain yogurt along with some fresh toppings instead?

Homemade yogurt may sound ambitious, but it is simple to make and does not require any fancy equipment (remember, humans have been making it for more than 6000 years according some accounts) and the results are delicious. I have included instructions below if you want to give it a try. That being said, you can jump in at any point in the this process: start with a reusable container of homemade yogurt or some plain unsweetened yogurt from a big tub and then start adding in some tasty mix-ins. Mix-ins can be sweet (e.g. berries + granola and a bit of honey) or savoury (e.g., cucumber + mint and a squeeze of lemon, some salt and pepper) - here are some suggestions to get you started:



How to make yogurt at home

Ingredients: 1L milk (any kind will work, whole milk results in the creamiest yogurt) and 3 Tbs of plain unsweetened yogurt with live active cultures (and ideally nothing else)

Equipment: 1 medium sized pot with a lid, 1 instant read thermometer

Directions:

1. Pour the milk into the pot and warm it over medium-high heat, stirring intermittently until it is 200F.
2. Remove the pot from the heat and allow the milk to cool to 115F. Once it has cooled, whisk in the yogurt, cover the pot and set it in a warm place - such as in the oven with the light turned on— for about 8 hours. After 8 hours, you should have yogurt! If you prefer a less tangy flavour, pull it out after 6 hours or leave it longer for more tang. If you prefer thicker yogurt, you can drain off some of the whey by placing the yogurt in a cheesecloth lined strainer over a bowl for an hour or so. Refrigerate and enjoy!