

MAKING YOGURT

4 cups milk

2 tablespoons plain all natural yogurt

You can make yogurt in your food dehydrator with small plastic or glass cups with lids. Small margarine "tubs" work perfectly. When making yogurt insert at least three (3) trays in Food Dehydrator unit. The yogurt cups must rest on the top tray only just below the lid. Use gelatin to thicken the yogurt.

Pour milk into saucepan. Use whole, low fat, skim milk, or reconstituted non-fat dry milk. Heat on stove and remove from heat before boiling. Mix in plain yogurt. Pour into cups and cover with lids. Set on top tray for about eight hours. Refrigerate before using.

Add fruit or other flavoring after chilling over night.

<http://www.deejayssmokepit.net/>