

Instant Pot Cold Start Yogurt

by amindfullmom.com

(You will need an Instant Pot for this recipe)

Ingredients:

52 ounces Ultra Pasteurized Milk Ultra-Filtered

2 tablespoons prepared yogurt with live cultures or yogurt starter

(Note: Fairlife milk is also ultra-filtered, which means it has more protein and less sugar, meaning it will produce a thicker yogurt than just ultra-pasteurized milk. If you use ultra-pasteurized milk, not ultra-filtered milk, you may want to strain your yogurt for super thick yogurt.)

Directions:

Whisk 1 cup of the milk with the starter or prepared yogurt until well combined.

Pour the remaining milk into the inner pot of pressure cooker and then whisk in starter mixture.

Place lid on the pressure cooker. There is no need to seal.

To set the incubation time, hit yogurt function and then adjust function until the time reads 8:00 (be sure pressure is at normal and not low)

After the 8 hour incubation period, remove inner pot from pressure cooker. Cover with plastic wrap and place in refrigerator for 8 hours.

After refrigeration, store yogurt in glass containers for 10-14 days.