

INSTANT POT YOGURT WITH FRUIT AND GRANOLA



Serves 24 Preparation time 20 minutes **Cook time** 6-8 hours

Yogurt Ingredients

- 1 gallon milk
- 2 tablespoons plain store-bought yogurt
- 1-2 tablespoons vanilla extract (optional)
- 1/2 cup sugar or sweetened condensed milk (optional)

Yogurt Directions

Add the milk into the inner pot of the pressure cooker. With the lid open, bring the temperature up to 180°F-185°F degrees by using either the **SAUTÉ** or **BOIL** feature on your instant pot. (Make sure its **No** lower or higher than 180°F-185°F degrees).

Whisk the milk continuously during the boiling process.

Once the temperature has been reached, turn off the instant pot and remove the inner pot to cool to 110°F-115°F degrees (to cool faster you could place the inner pot in an ice water bath).

Once the milk has cooled, remove the any dry film on the milk and whisk in the yogurt, vanilla and sugar.

Place the dried inner pot back into the instant pot, seal the pot and press the yogurt setting. Set the timer to 6-8 hours depending on the consistency and tartness you prefer (The longer you cook it the thicker and more tart it will be).

When the yogurt is done with incubation, shut off and fully vent your instant pot. Remove the inner pot and let cool completely.

Refrigerate in an air tight container for up to 14 days.

Instead of buying a new yogurt to make more, save 2 tablespoons as a starter for the next batch.

Nutrition Facts

24 servings per container

Serving size 1 serving (173g)

Amount Per Serving

Calories **80**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 75mg **3%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Total Sugars 12g

Includes 3g Added Sugars **6%**

Protein 6g **12%**

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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