

IT'S READY TO EAT!

To eat, have as it is or mix with a little jam or stewed fruit-you don't need much to sweeten, as the yoghurt is not sour.

MAKING THE NEXT BATCH

Remember to leave at least 3 tablespoons of your last batch to start the next one. If the culture dies, then start over with more purchased vegan yoghurt.

PIMPING IT UP!!

Plain yoghurt is so versatile that you can add just about anything to make it taste just how you like it! Here are some ideas....

- ❖ Walnuts, maple syrup and cinnamon
- ❖ Add to your smoothies
- ❖ Use instead of dairy yoghurt in cooking
- ❖ Digestive biscuits and jam
- ❖ Canned or fresh peaches
- ❖ Fresh blueberries, pineapple chunks, grapes or cherries
- ❖ Dried cranberries and raisins with a dash of vanilla

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HOW TO MAKE vegan yoghurt

THREE EASY STEP-BY-STEP RECIPES TO GO DAIRY FREE



Why buy yoghurt when you can make it at home for a fraction of the price?

USING AN ELECTRIC MAKER

You will need:

- an electric yoghurt maker (or Instant Pot)
- Vitasoy Protein Plus soy milk
- Solgar acidophilus capsules (health food stores)



Making a thicker unsweetened yoghurt using an electric yogurt maker and acidophilus capsules

- 1) Pour the milk to fill your electric yoghurt maker container(s).
- 2) Open the capsules and tip the powder into the milk at a ratio of one capsule to one cup of milk. Stir in.
- 3) Turn the yoghurt maker on and leave according to instructions. (Usually 12-14 hours.) Chill and serve.

NOTE: This yoghurt is great in savoury dishes (ie dollop on top of soup or dahl) and can equally be used in sweet dishes too, such as baking.

USING AN EASIYO MAKER

You will need:

- an EasiYo thermos flask
- 1 litre plastic container
- ingredients for either the soy or coconut recipe

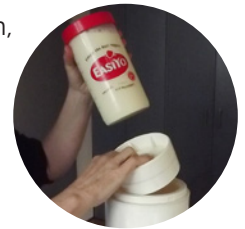
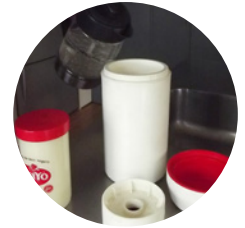


HANDY TIPS:

- EasiYos can be purchased from any supermarket and often found at garage sales or markets for a few dollars!
- Buy any plain soy or coconut yoghurt to start your first batch. (Available from most supermarkets or any health food shop).
- When cleaning an EasiYo, rinse thoroughly to remove any dishwashing liquid - even a small amount will cause the culture to fail.

EASIYO DIRECTIONS

- 1) Mix the yoghurt and milk (at room temperature) in the 1 litre plastic container.
- 2) Fill the EasiYo flask up to the line with boiling water and place the container of milk inside.
- 3) Put the lid on and incubate at least 12 hours at room temperature.
- 4) Place yoghurt in the fridge for at least 1-2 hours. You may notice some liquid separating from the culture-you can either pour this off or mix it back in, as it is nutritious.



Making soy yoghurt

3 tbsp plain soy yoghurt (store bought or use from previous batch)

1 litre soy milk

Note: any kind of So Good soy milk will work as does Pure Harvest unsweetened, malt-free soy milk.



Making coconut yoghurt

900ml Kara coconut cream

2 heaped tsp coconut sugar (or any sugar)

2-3 tbsp plain coconut yoghurt (store bought or use from previous batch)

Note: buy the Kara 1 litre coconut cream packet as canned doesn't work.

Tip: Make during your dinner time and it will be ready for breakfast!