

Homemade Yoghurt the Cheapskates Way

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Making your own yoghurt is not only cheap, it's so easy and quick. In less than 5 minutes you can have the yoghurt mixture prepared, ready to set overnight.

To make 1 litre of yoghurt you will need:

A clean 1 litre jar with a screw top lid
A wide mouthed thermos that will hold the jar
2 cups milk powder (either full cream or skim, it's up to you)
2 tablespoons natural yoghurt (this is the starter)
Cool water (tap water is fine as long as it's not really cold).

Half fill the jar with cool water, add the milk powder and the 2 tablespoons natural yoghurt. Put the lid on and shake well to combine. Make sure there are no lumps of milk powder left. Fill the jar to the top with more water, seal and shake well.

Place the jar in the thermos. Pour boiling water around the jar until it reaches approximately 2/3 of the way up the sides. Put the lid on the thermos, sealing it tight.

Set aside for 8–12 hours, depending on how thick you like your yoghurt. Once it has reached the consistency you like, place the jar of yoghurt in the fridge to cool.

Sweeten to taste with sugar or honey and add fruit, syrups, muesli etc

Some suggestions:

Vanilla: Add 1tsp vanilla essence, 1tbspn vanilla ice-cream flavouring and 2 tsp sugar. Mix well.

Strawberry: Add 2tbspn strawberry topping and 1/2 cup sliced strawberries

Honey: Add 1tsp vanilla essence and 1 tbspn honey. Mix well.

Note: If you have an Easiyo thermos and jar, use these to make your yoghurt.