



Makes 1/2 gallon

SCD Yogurt

*You will be able to use this yogurt every day! It's a wonderful staple for the SCDiet, and is not difficult to make. **Tip:** I have invested in two yogurt makers and three containers, which helps cut down on prep time each month. I can make two more batches while I finish the third container, and thus only need to make yogurt twice a month!*

- **1/2 gallon of milk**
- **SCD legal starter***

* GI Pro Health Pro Start yogurt starter, or 1/2 c. Dannon All Natural Yogurt containing only milk and cultures. (The Yogourmet starter packets are no longer legal.)

Heat milk in a pan, stirring occasionally. When the temperature reaches 180° F or higher for a couple of minutes, turn heat off and allow milk to cool. (The cooling process may be hurried by placing pan in a sink of cold water.)

Add legal starter to yogurt container and set aside.

When milk has cooled to room temperature (about 77°- 90° F) according to your preference, pour several cups of the milk into yogurt container and mix yogurt starter and milk together well. Add the rest of the milk, and stir thoroughly. Put lid on yogurt container, and place in yogurt maker, following functioning directions of yogurt maker.

Very important: Allow yogurt to incubate in yogurt maker for **24 hours**, to remove all lactose, maintaining a constant temperature between 100° and 110° F. (And for no more than 30 hours for best results.)

Place yogurt container(s) in refrigerator, allow to cool, and enjoy!