



HOMEMADE YOGHURT

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Have you ever thought about making your own yoghurt? We've been doing it since we visited friends in France a few years ago and they served cute little jars for dessert filled with their own homemade yoghurt. And it was the best yoghurt we ever had! We purchased a 'yoghurt maker' (similar to these, [UK /US](#)), and have been making our own yoghurt regularly ever since. It's so easy - just mix milk with some left-over natural yoghurt (or use a bag of yoghurt culture), pour in jars, leave in the machine for about 10 hours (the machine makes sure the temperature is even at about 27 degrees C), and presto! Your own yoghurt. You can vary by adding vanilla, a bit of [compote](#), etc. We love to eat our yoghurt with [homemade granola](#) for breakfast!!

xxx Esther

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