

Making Natural Yoghurt (UHT)



In groups, you will be making your own yoghurt by following the instructions below.
Discuss your findings as a group.

Ingredients:

- 200ml UHT Whole Milk
- 2 Teaspoon Powdered Milk
- 1 Teaspoon Natural, Full Fat 'Live' Yoghurt



Method:

1. Pour UHT milk into a polystyrene cup.
2. Place dried milk powder onto surface of milk (**do not stir with milk powder spoon use a new spoon**).
3. Stir well to ensure all milk powder has dissolved.
4. Put yoghurt in to mixture (**do not use yoghurt spoon use the spoon used when stirring in dried milk powder**).
5. Stir well.
6. Place cling film over top of the cup and secure with an elastic band.
7. Write name on a white sticky label and stick onto cup.

Points to Consider:

Think about the different ingredients you could use to flavour the yoghurt.

