

Sample Instructions Only

- Use Eugurt *Pouch* Instructions for Starter/ Pro Eugurt Pouches



Mix	Heat	Cool	Culture
Eugurt Powder + 2 tsp Sugar* + Water (½ cup + 1 heaping Tbsp water) <i>whisk to dissolve</i> *Guideline – can also substitute other sweeteners.	Microwave until foam rises (2 - 2.5 min) * Easiest with this amount.	Cool to 115°F (min) * Place in cold water bath to speed cooling.	Stir in Starter... Incubate Overnight (or ~6-8hrs)

You'll Need:

- Whisk (ideal)
- Food thermometer (ideal)
- Glass jar or other glass container
- Microwave
- Glass container (pint minimum) – **Note: larger is better to avoid boil over**
- Small cooler or a commercial yogurt maker (ideal)

Instructions and Notes:

- In a small glass pitcher or other container (pint or larger), whisk the following (*set culture packet aside*):
 - **Powder contents of Eugurt sample packet + 1/2 cup & 1 heaping Tbsp of water + 2 tsp sugar**
 (use more/ less to taste or use other sweeteners)
- Heat to 180F (2-2.5 min in microwave; foam will rise and hold).
- Remove from heat or microwave and stir to help dissipate the heat.
- Allow to cool to 115F or lower (place into a pan of cold water to speed cooling if desired).
- Sprinkle starter culture packet over eugurt milk, stir thoroughly, and pour into a small jar or glass. *Cover loosely.*
- * Place eugurt jar in a cooler or yogurt maker (ideal).
- Incubate in cooler or yogurt maker overnight (6-8 hrs or longer).
- When set (firm and opaque) – refrigerate to chill.
- Once chilled – stir and enjoy! **Enjoy your Eugurt plain or with your favorite mix-ins!**

* Cooler method: put a pint jar of boiled water in the cooler and close the lid. Do not put directly next to eugurt jar.

Err on the side of more cool than hot – too hot could kill the culture. If using a yogurt maker, follow the manufacturer's instructions.