

Dairy-Free Overnight Yogurt



YIELD: 2 ½ cups

PREP TIME: 20 minutes

WARM TIME: 8 hours

CHILL TIME: 6 hours

Any vegan milk will work in this recipe, but the combination of coconut and soy yields a thick, creamy yogurt with a mild, balanced coconut taste.

INGREDIENTS

1 cup full-fat coconut milk

1 ½ cups soy milk**

2 tablespoons potato starch

1 to 2 tablespoons protein powder (optional)

½ to 1 teaspoon sugar (optional)

½ teaspoon vanilla (optional)

2 to 3 tablespoons yogurt culture *or* 1 capsule high quality probiotic supplement

**If using a milk alternative with lower protein content, yogurt will not be as thick.

INSTRUCTIONS

Heat oven to lowest setting. Turn off when temperature is about 110-125*.

In a saucepan, whisk coconut and soy milk, starch, and sugar.

Heat to 140-150* for 1-2 minutes, whisking often. Do not let the starch settle on the bottom.

Pour into yogurt maker, crockpot insert, or thick container appropriate for fermenting at 95-105*.

Set aside and let cool to about 100*.

Whisk in protein powder, vanilla, and yogurt culture.

Cover and place in warm oven (not above 110*) overnight.

Refrigerate to chill completely, about 6 hours.

If you desire thicker yogurt without using protein powder, try straining with cheesecloth (a mess which I do not prefer) or simply add chia seeds and refrigerate until thick.