

instant pot greek yogurt

Makes 4 cups

PREP TIME: 5-10 minutes

INACTIVE TIME: 8-12 hours, plus more for straining

½ gallon unsweetened ultra-pasteurized milk

1 Tbsp plain, unsweetened yogurt

Notes:

- Be sure to use **ultra-pasteurized** milk! Check the milk carton carefully to ensure you have the right type. Regular pasteurized milk will not work for this preparation method as the milk is not heated enough to kill off unwanted bacteria.
- Whole or 2% milk works best and will produce thick and creamy yogurt. The less fat there is in the milk, the thinner the yogurt will be.
- The yogurt used as the starter should list **live or active cultures** on the label.
- If you don't want to buy yogurt to use as a starter each time, freeze 1-2 Tbsp of each batch of homemade yogurt to use for future batches.
 - Place yogurt in an ice cube tray (1 cube is approximately 1 Tbsp).
 - As soon as the yogurt is frozen, transfer to a freezer bag or container.
 - When ready to use, thaw out at room temperature for about 30 minutes.
 - **Frozen yogurt is good to use as a starter for up to 6 months.**



PLACE yogurt starter and about a cup of milk into the Instant Pot and whisk until smooth.

POUR remaining milk into pot and whisk to combine.

COVER with a lid. You can use any lid that fits well (Instant Pot lid- sealed or vented, glass lid, large dinner plate, silicone suction lid, etc.).

PRESS the Yogurt button and set for 8-12 hours. The time will start to **count up** on the Instant Pot. The longer the incubation time, the tangier the yogurt will be. If using ultra-pasteurized, ultra-filtered milk ([like this](#)), incubate for 8-10 hours. If using organic milk ([like this](#)), it will take a bit longer to set so incubate for 10-12 hours.

REMOVE lid when time is up (YOGT will show on the Instant Pot display).

LINE a colander with coffee filters or cheesecloth and place over a large bowl. You can also use a yogurt strainer ([like this](#)).

SLOWLY pour yogurt into the strainer. **Do not stir until fully chilled and strained.** Cover with plastic wrap and put in the fridge to strain for 4-12+ hours. The longer it strains, the thicker the yogurt will be.

TRANSFER yogurt into air-tight containers and store in the fridge up to 2 weeks.

POUR the whey (the liquid that separates from the yogurt) into a glass jar or other air-tight container and store in the fridge to use later in smoothies, breads, pancakes, muffins, etc.

Pro Tip:

- Start your yogurt first thing in the morning or at bedtime. I like to start it in the evening and allow it to incubate overnight. In the morning, transfer it to a strainer and place in the fridge to strain during the day. Depending on how thick you like your yogurt, it'll be ready by bedtime.