Heat milk on the stove over medium heat until it reaches 180°F.

Pour heated milk into clean shallow pan to cool, either by sitting on the counter or in a cool water bath until the temperature drops to 115°F.

Add the pre-made yogurt, and lightly stir enough to incorporate into the milk.

Pour into clean jars, and place on cookie sheet in oven (with the light on) for 12-24 hours. The light provides a consistent heat of 110°F.

Put jars into the refrigerator until the yogurt is cold. Let it set for approximately 4 to 6 hours.

OPTIONAL: Add your favorite fruit and toppings!
Yogurt is made using bacteria which are good for us. Heating the milk pasteurizes it. This kills off any bacteria that might compete with your good yogurt-making bacteria. Cooling the milk slightly before adding the yogurt prevents the high temperatures from killing the good bacteria! The bacteria feeds on the lactose in the milk and produces lactic acid as a by-product (this is a type of fermentation). The lactic acid causes the milk to coagulate and thicken. You’ve made yogurt!

1. When is the bacteria added to the yogurt?
   A. When the yogurt is in the oven overnight
   B. When you add the pre-made yogurt

2. What does good bacteria do to our bodies?
   A. Help our immune system
   B. Makes our hair grow faster

3. What does the good bacteria eat to make yogurt?
   A. The milk’s bacteria
   B. The milk’s sugar