



Almond Milk Yogurt (makes about 5 cups of Yogurt)

I looked into making almond yogurt with almond milk, but everything I read said the preservatives make it impossible to culture the yogurt colonies so you have to make your own. I actually like making the almond milk it is really simple and having the almond solids in the yogurt works well. I actually like this better than regular yogurt.

- 1 1/3 Cups of raw almonds or 1 1/3 cups blanched slivered almonds
- 2 Tablespoons of Honey or corn syrup
- Water
- 1 pkg of gelatin

1/4 cup of dairy free yogurt with live active cultures (I used coconut yogurt for my starter as I needed it for a recipe. You can save some of your yogurt to use for the next batch, you can not use freeze dried yogurt starter as it is made from milk if you want dairy free yogurt)

- flavoring
- Sweetner

First make 1 liter of almond milk

Blanche and shell almonds. Bring a small pan of water to a boil add almonds boil for one minute. Put in strainer and run cold water over them. Pop out of shells and place in blender. (Or save the work and buy blanched sliver almonds at Super Saver bulk food for the same price and a lot less work) Add 2 Tablespoons of honey. Fill blender half full of water and process until smooth. Add water to the top and process till have processed about 8 minutes total.

Now heat almond milk in microwave until it reaches 180 degrees about 5 minutes.

Sprinkle gelatin on 1/2 cup of water to soften. Stir into hot almond milk. Allow to cool to 110 degree. This takes a while about 45 minutes to an hour.

Stir yogurt into small amount of cooled almond milk. Then stir into the rest of milk. Pour into yogurt maker and leave for 8 hours or longer.

Add 1/4 teaspoon of flavoring and 1/2 Tablespoon of honey or corn syrup per cup and refrigerate
I like Mint, Vanilla, and Lemon flavored