

How to make yoghurt at home

Yoghurt is made from milk and has various health benefits to consumers as well as a rich source of income to agribusiness farmers and requires simple steps to make.

The materials required for the process include: powdered milk, sugar, culture, preservative and flavour. During the process of making yoghurt one can either use either hand or thermometer to measure the required temperature.

Guiding process

Start by pouring hot water in a bowl, add powdered milk and properly stir to ensure that all lumps are removed.

Then sieve the stirred milk properly to remove all the remaining lumps from the milk.

After cool milk by stirring or adding cool water to a temperature between 40-45 degrees celsius. High temperatures can also be reduced by adding cold water.

Furthermore, take temperature reading of mixture with a thermometer.

After adding 2-3 tablespoons of the culture and pour content into thermos flask.

Ensure to cover the flask and allow fermentation for 7 hours, after opening, stir the content.

Lastly, add the various ingredients like sugar, flavour, preservatives.