

Look Good Feel Well Yogurt Maker Tips For Best Results

1. If yogurt is left in the machine too long, the curd and liquid whey will separate. Once this occurs, it cannot be reversed.
2. Yogurt made with skim milk or skim milk powder will have a soft consistency. For thicker, creamier yogurt, add 1/2 cup (50 ml) milk powder to the milk before heating.
3. When using commercial yogurt as a starter, buy only brands that contain bacterial culture and check the expiration date—culture becomes weaker over time. Use only plain yogurt—flavoured varieties will not work.
4. The longer yogurt remains in the machine, the more tart and firm it will become.
5. Do not add starter to cold milk.
6. After refrigeration, a watery liquid may form on top of your yogurt. This is natural... simply drain it off.