

Krofter

Even "good quality" organic yogurt typically comes from Holstein dairy cows because they have a high production. High production translates into watery milk which translates into nutrient thin yogurt. Look for yogurt made from heritage Jersey cattle that are foraging on pastures year 'round. They'll have more and better quality fat and a more nutrient dense milk. Personally, I prefer yogurt made from milk from my goats, which are foraging on native habitat.

Posted On 02/27/2017

okooko

I have been making yogurt for 10+ years and unfortunately the recipe is incorrect. You might get lucky and get good yogurt a few times, but then you'll get a watery white substance in other times, which will heavily discourage you from making yogurt. I almost stopped making yogurt because of this, until I get the correct recipe.

The correct way is this: You need to heat the milk until 180F, and then cool it to 108 to 112F. Why? Because the live organisms in the milk that prevent yogurt bacteria from spreading is not killed at 109F. They must be killed at 180F. After making this, you'll get a good yogurt every time. In case your yogurt is not as thick even after this recipe: Wait 8-10 more hours before putting the yogurt in the fridge.

Posted On 02/27/2017

quinine

You are in effect pasteurizing the milk when you heat it to 180 degrees. So you are killing all the live organisms in the raw milk and quite possibly ruining any enzymes in the raw milk so that the bacteria in the yogurt culture have blank slate and no competition in the milk.

If you make raw milk yogurt or cheese, you can't heat the milk up much over 110 degrees or you kill all the enzymes and good bacteria in the raw milk. Yes, you might get a thinner yogurt if you use raw milk, but really, it isn't that hard to make good yogurt from raw milk. I have a heating pad a set on low and I put it under a towel in a cooler. Then I put the milk with the culture mixed in glass containers with lids and leave it overnight and nice yogurt in the morning. Even greek yogurt comes out nice. You can strain the greek yogurt if you want it to be thicker.

Each person has to decide which type of yogurt they want. If you want raw milk yogurt you should not heat the milk up over 110 degrees. If you want really thick yogurt and don't mind losing the good bacteria and enzymes you can go ahead and heat to 180. It is a personal choice that each person has to make on their own.

Posted On 02/27/2017

okooko

Thanks quinine for the good info. But my comment was for already pasteurized milk. We don't have access to raw milk in our area, and even if we did, I don't know if wife would allow me to buy it :-). But there is an interesting contradiction here: If pasteurizing kills all the good stuff, then why not heating the milk to 180F still gives us weak yogurt from time to time? It looks like not all stuff is killed with pasteurization. Otherwise, heating the milk to 109 would always give us good yogurt. I would say that I was getting good yogurt only 75% of the time or so when I heated the milk to only around 110F. It looks high percentage, but 25% failure really takes your willingness away to make your own yogurt.

Posted On 02/27/2017

Japfin

I use pure cream to make my yogurt. I pour 8dl of cream to a pot and heat it 2min in microwave oven (yes, not the best way but so easy). This makes it hand warm. Place 1-2cm of old yogurt to a 1liter glass jar and pour cream in and mix well. Put the jar in a thick woolen sock and let rest 24hours. Mix it and put in a fridge. Good for 5-7 days. Thats it. I have included Mercola probiotics into it. Also other microbes that I have found. It is sweet naturally and very thick. With berries or cocoa power/honey excellent food. I have done it continuously now for 1.5 years, so the culture has matured nicely. Excellent for warm dishes too, like to cook juicing fibers with curry powder.

Posted On 02/27/2017

love2garden

What a great idea!!! I just found access to raw, organic cream for \$2 per liter, and I can't wait to try making it into yogurt. I would highly recommend that you avoid using the microwave--even though it might be convenient. It is quite damaging to foods (and then you).

Posted On 02/27/2017

quinine

Don't forget the goat milk ;-) Goat milk will be white even if the goats are grazing high quality browse or forage on pasture. Goats convert the betacarotene to Vitamin A this is why butter made from goat milk will be white not yellow. Goat milk makes great yogurt, kefir and cheese. Good fresh goat milk is wonderful tasting all on its own.

Posted On 02/27/2017

shankar_ramani

We use Mercola's probiotic capsules for making our yogurt. It's the only one that's been working so well with many months of shelf life.

Posted On 02/27/2017

seastars

I have made both kefir and yogurt with raw milk, which is allowed to be sold in WA state. Kefir, for me, is far more easier and consistently successful than yogurt. However, my conscious continues to plague me knowing that the male calves from the dairy farm most likely sells them to made into veal or grown for slaughter in a CAFCO (factory farm...). So, I avoid these products for now.

Posted On 02/27/2017

jmiller739

I've eaten 2 of the top 3 yogurts on the Cornucopia Buyer's Guide: (2) Maple Hill Creamery (3) Seven Stars Farm. Both of them are excellent!! I appreciate the Cornucopia Institute producing their helpful scorecard. I've also made both yogurt and kefir at home. Cultured dairy is an great way to get beneficial bacteria www.cornucopia.org/yogurt-scorecard

Posted On 02/27/2017

Sofia767

I've been making my own yogurt for several years. I pour 2+ cartons of milk into the pot, 1 full fat and 1 1% fat. I heat the milk to 180. I'm not starting with raw milk anyway. I cool it to 110. I stir in a couple spoonfuls of yogurt. I put the pot in my oven with the light on, which settles at 109 degrees. I pull it out 11 - 12 hours later. I put it in the fridge overnight. I strain it to the consistency that I want the next day. The whey is really good for the skin if you want to even out sun discoloration. It's slow, low dose lactic acid. Try it for 6 months and see if you can tell a difference. I also use the whey when making soap.

Posted On 02/27/2017

love2garden

I've been buying local organic goat yogurt at our farmer's market. It is thin, so I put it through an unbleached coffee filter--and then I have organic Greek goat yogurt. No sugar, no additives. It's very yummy with my morning berries. I use the resulting whey for lots of other cooking projects and it digests much easier for me than cow whey.

Posted On 02/27/2017

judyap

I (now more than once) put milk and from a store as it is illegal to have raw milk here in Canada on back of our woodstove intending to have cocoa later and left it and it started to thicken and so left it and it turned into this sweet thick yogurty stuff and I was surprised how sweet it was. I suspect the probiotics in the air aided the concoction and have no explanation other than how simple it was and very good tasting on its own

Posted On 02/27/2017

Leee-la

Making your own with raw milk comes out too soupy, I have givine up on it. I use plain organic but not raw.

Posted On 02/27/2017

headache2

I don't know at what temperature the enzymes in milk are nullified. But, when making beer the enzymes in barley are not released until 130 degrees Fahrenheit. Anyway I've been making yogurt for over five years and have not used raw or goat milk. I would like to try goat milk but the price is to high. I have used organic whole and 2% from the grocery with very good results. I heat the 6 cups of milk to 165-180 in a double boiler, so not to scald the milk fot 30 minutes.

During this period I skim off the skin that forms on the surface because it feels like paper in the mouth(yuk!). I do not stir. Then I cool the heated milk to below 110 degrees and add the cultures(usually yogurt from previous batch) after pouring the mixture into a seven cup bowl which is placed inside of Dr. Mercola's yogurt maker for five to twelve hours. Dr. Mercola's yogurt maker is the best for small batches because you can set time and temperature for different styles. Now, at the bottom of the boiler there are these tiny hard pellets (don't know what they are?), but are worse than the papery substance and why I do not stir while heating the milk.

After culturing I let the yogurt cool to room temp. Then put it in a Greek yogurt strainer in the fridge over night. The following morning I move the yogurt from strainer to mixing bowl. If the yogurt is to thick I add back some whey and whisk to get preferred texture. More whey is more tang.

Posted On 02/11/2020

Alroy301

He suggests heating the raw milk to 180 degrees for 30 minutes. Does this not kill the bacteria in the raw milk. ALSO, I can't get raw milk in my area, I have to use organic pasteurized milk. However, I add Dr. Mercola's yogurt starter. Does this not add back in the beneficial bacteria?

Posted On 11/21/2017

hils

By the way, I read last only week that it's no good to add honey to yogurt as it is anti-bacterial...!?

Posted On 02/27/2017

hils

I heat the milk on a low simmer, frequently stirring, for 30 mins to reduce it, which also thickens it. No doubt killing all bacteria, but no matter as you will be adding live organic yogurt once it has cooled to 120 F. Then pour into a vacuum flask to maintain temperature. Approx 12 hours later - voila!

Posted On 02/27/2017

dezmirly

If raw milk is not available, the following is good to know: When buying grocery-store labelled 'organic' milk, make sure it is not ULTRA-pasteurized. I read that this kind of pasteurizing goes beyond normal pasteurization and kills so many enzymes that it is essentially dead milk, and will survive without refrigeration for six months!! Bottom line: Ultra-pasteurized milk may yield disappointing results when trying to make yogurt or kefir. (Unfortunately, nearly all 'organic' milk in my hometown grocery stores is ULTRA-pasteurized.)

Posted On 02/27/2017

mjlocey

As far as I know, Hawaii where I live, even the Health store carry ONLY Ultra Pasteurized milk. We do have some access to raw milk and pastured free range beef though. I would never heat my Raw milk over 109F as we are paying \$10 per half gallon. Excellent article!

Posted On 10/23/2017

dmprisk

www.cornucopia.org/yogurt-scorecard

Posted On 02/27/2017

Krofter

Many fermented foods require heat for the fermentation process to happen. Fermentation is often done right in the packaging; natto, tempeh, yogurt. The problem is, most of those products are sold in plastic packaging. This means during the heated fermentation process the plastic outgases microplastics into the fermented food - even certified organic food. Never eat fermented food (or any other heated food) from a plastic container.

Posted On 04/12/2024

bpm4539

Regarding fermented food, today I was reading an old article on Mercola archives. He wrote the following in 2015: "Fermented vegetables would also work but only if they are made using a starter culture using special bacteria designed to make more vitamin K2, otherwise they will not have enough K2. That is why we created a special starter culture called Kinetic Culture (products.mercola.com/kinetic-culture) that will provide you with therapeutic levels." It appears Dr used to sell culture for fermentation, and discontinued. Only fermented vegetable I make is sauerkraut, but don't use any starter culture. It's just salt and cabbage. I am thinking a starter culture could benefit? Plus, where to find a good starter culture for yogurt?

Posted On 04/12/2024

Krofter

Actually the acid produced by the fermentation process can also cause microplastic to leach from plastic containers into the food. As for cultures, I've never had a vegetable from my garden that didn't already have all the needed microbes on it right from the garden. The only time that might not be the case would be vegetables from non-organic sources. I use existing yogurt to make fresh yogurt. I've never bought a starter culture for anything. Not even kombucha.

Posted On 04/12/2024

juststeve

The Instant Pot mentioned in the last few days articles has a yogurt making feature along with crockpot, stews, soups, sauces pressure cooking features too. Easy peasy. When yogurt first came out at first it was an acquired taste for me, but in short order it was treasured. Big disappointment when it all got turned into one more form of ice cream. Made homemade then, once a good batch was established kept the strain going for months. Same thing applied to Sour Dough Bread starter yeast. Once established just kept it going. It's too bad for most likely the largest portion of the public are taste blind due to having overactive stimulus assaulting their taste buds so the actual subtle nuances and combinations of Living Foods sourced from Living Soils aren't sensed. Homemade yogurts for some adding applesauce, touch of jams, jelly, or chopped fruit, honey, maple syrup all to your personal likeness. Just like a personal apple pie with more or less cinnamon and such.

Posted On 04/12/2024

Guillermou

I use a yogurt maker that programs the time and temperature to achieve different degrees of fermentation. I really like fruit yogurts with buckwheat and a little butter. I always use cocoa, the capsules with probiotics that I use have many strains.

Posted On 04/12/2024

lpmcewanprotonmail.com

After reading "Super Gut", we started making our own yogurt. Instead of fermenting for about 6 hours(which is how long most commercial yogurts are fermented), we ferment for 36 hours. The bacterial counts are many times higher than any you can get from a supplement or commercially produced yogurt. And, IT IS EASY TO DO!

Posted On 04/14/2024

[azjanet_203](#)

I use 2 capsules of Dr. Mercola's Complete Probiotics as my starter bacteria. I make mine with organic soymilk (filtered water and soybeans) because I am allergic to milk. I use my Instant Pot's yogurt setting. It is not a thick yogurt like commercial yogurt, but thick enough for me.

Posted On 04/12/2024

[bpm4539](#)

Great article. Thank you so much. Inspired by Mercola articles, I am eating more and more natural foods. I am making my own yogurt from raw milk since last one year, but I have never given any thought on the starter culture. I just started with store bought plain yogurt as starter. Then mostly I use a few spoons of my yogurt for the next batch. I will look for how to get a good starter culture. Also I had no idea you can make yogurt without heating milk. Next please write an article about kefir. I would like know which one should I be making - kefir or yogurt if I make only one. I have never tried kefir.

Posted On 04/12/2024

Renee888

I'm using raw milk to make kefir and it is soooo delicious. I believe that kefir has more health benefits (probiotic goodies) than yogurt does. I'd like to see an article from the doc on kefir too.

Posted On 04/12/2024

Almond

If you use commercial milk, even if it claims to be organic, and your yogurt does not thrive, the milk is prob not truly organic. -Or it may be so denatured and nutrient-deficient that the yeast beasties starve. Assuming you mix it properly and use the right temperature. My mother-in-law had an ethnic starter culture that she preserved. She never did anything special to it. She would just mix yogurt from the previous batch with milk and leave it set on the kitchen counter until it firmed up. You should be able to do that with raw milk.

If your culture dies, consider what might be killing bacteria. Too much heat? Traces of antibiotics in the milk? Less than sterile utensils and yogurt cups introducing foreign bacteria? Glyphosate-contaminated feed? Making yogurt is a good test of milk quality. If you struggle, try a different brand of organic raw milk. If it is straight from the cow, even better. My favorite was always jersey milk--esp. in spring--as yogurt would have a thin layer of butter on top to seal it.

Posted On 04/12/2024

sue2613

Almond, I make Kefir Milk which is easy and effortless. All it takes is Milk Kefir grains and milk. Mix 2-4 cups milk with a few tablespoons of grains, let it sit out overnight with a temperature of 65 degrees Fahrenheit to 85. Strain it and save the grains. That's it. The grains can be used over and over, just add more milk. Many things can be made with kefir including ice cream and soft cheese. It has more beneficial bacterial than yogurt. Unfortunately, I bought some expensive Organic Valley milk, not realizing it was UHP. I had read good reviews on the health of this dairy. but they have succumbed to marketing. Ultra High Pasteurized milk does not really work, although some say they make yogurt with it.

Posted On 04/14/2024

ltapper

Yes - I have read Supergut and do make my own yogurt (I like Biotiquest Sugar Shift too and was used to cure Parkinsons by the originator) - BUT the question is - Can I use Dr Mercola's dry milk powder to make yogurt (will it work?) I did try it one time, it came out like milk (did not thicken) but from what I have read I may need to heat it first? Anyone here tried it?.

Posted On 04/14/2024

sue2613

I am making Milk Kefir with the Sol Spring powdered milk. It is turning out although it is taking longer, and it does not thicken up like Milk Kefir. The taste is good just like milk Kefir. I haven't tried yogurt but that will be next. I wish they had recipes to use with SolSpring.

Posted On 04/14/2024

Momtad

I've been making my own yogurt for decades and put it in my morning smoothie which also consists of fruit that I freeze, and orange, pomegranate, and aloe juices. No sweetener needed!

Posted On 04/12/2024

hom8160

Almost all of the milk sold at the health food store where I shop, even if it is produced from a highly rated organic dairy, is ultra-pasteurized. As Almond said in a previous post, this milk is actually denatured and you have a slim chance of making a successful batch of yogurt or kefir. Ultra-pasteurized milk is also called "shelf stable" doesn't even need to be refrigerated. If you are not sure if the milk you buy is ultra-pasteurized or not, look at the expiration date, if it expires in about a week it is regular low-temperature pasteurized milk. That is the stuff you want to make yogurt from.

Posted On 04/12/2024

llk1045

I also use a few Probiotic capsules opened up and I have the yogurt maker Dr. Mercola use to sell. It makes wonderful thick yogurt. I use whole milk but have not tried unpasteurized as of yet. a comment...

Posted On 04/12/2024

pjucla

Thank u

Posted On 04/12/2024
