### Ingredients
- ½ gallon milk
- 4 tablespoons pre-made yogurt OR 1 packet yogurt starter culture

### Supplies
- 40 2-ounce recycled baby food jars and lids
- 8” x 11” baking sheet

### Step 1
**HEAT IT!**
Heat milk on the stove over medium heat until it reaches 180°F.

### Step 2
**COOL IT!**
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.

### Step 3
**STIR IT!**
Add the pre-made yogurt, and lightly stir enough to incorporate into the milk.

### Step 4
**POUR IT!**
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.

### Step 5
**CHILL IT!**
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!

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