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Homemade Yogurt: The Complete Guide To Making Natural Yogurts From Your Kitchen



Synopsis

Valued for its health benefits and loved for its unique flavor, yogurt has been and continues to be a staple of many cultural diets today. Coming in a variety of flavors and forms, it is not only delicious addition to a meal but offers a number of health benefits as well. The best part? You can make it right from the comfort of your kitchen, to avoid commercially prepared and processed foods! In "Homemade Yogurt: The Complete Guide to Making Natural Yogurts From Your Kitchen" you'll find not only detailed directions on how to make yogurt, but 15+ delicious yogurt recipes! Join the "Homemade" Movement!

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Customer Reviews

I was looking for a book that tells step-by-step how to make homemade yogurt. This book tells about yogurt but only has directions to make greek yogurt. There are quite a few recipes in the back of the book but they are recipes on how to use yogurt, not actual yogurt recipes. I would not recommend.

The book was very informative for first time yogurt makers. It gave a better understanding of basic yogurt making. Very helpful.

Good information about yogurt. Recipes pretty simple and tasty.

Works great. I'm glad I bought it.

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