



Instant Pot Yogurt

Makes 1 Qrt

Save bucks and boost your gut with this Wise & Wild Way probiotic-packed gem!

Ingredients

- 1 qt organic, pasture-raised A2 cow's milk (raw best; low-pasteurized or organic options)
- *Opt:* Goat's milk (tangier, less thick)
- ½ cup organic Greek-style yogurt with live cultures

Tools

- Instant Pot with Yogurt Setting (*Opt:* IP Glass Lid)
- Cooking thermometer (deep-fry with clip)
- Skimmer
- Quart-sized mason jar with 2-part lid

Directions

- Pour milk into Instant Pot's metal bowl; secure lid.
- For *pasteurized milk*: Set to Yogurt Setting, "Boil"/"High" at **181°F**, start. For *raw milk*: Heat to **110°F** if desired, skip to step 4.
- After boiling, cool to 110°F (~20 min, or faster with ice bath—see Tips).
- Skim any milk film; verify 110°F with thermometer.
- Stir in ½ cup yogurt until blended.
- Set to Yogurt Setting, "Medium" at 107°F, 24 hours; start incubation.
- Cool at room temp. then refrigerate to set.
- Transfer to mason jar; chill.
- Storage: Keeps in fridge 2–3 weeks.

Tips (The Wise & Wild Way)

- **Milk Choices:** A2 milk or goat's milk (gentler for sensitive tummies). Raw, organic, pasture-raised from heritage breeds (Jersey, Guernsey) is best. Low-pasteurized (e.g., Kalona Milk) or organic next.
- **Raw Milk:** Heat only to **110°F** if desired for thicker yogurt, and to keep enzymes alive.
- **Pasteurized Milk:** Heat to **181°F** for safety.
- **Cooling Hack:** Use an ice bath in the sink to hit 110°F faster.
- **Greek Yogurt & Dips:** Strain whey for rich Greek yogurt or mix into dips. See my [yogurt cheese/whey recipe](#)
- **Save Starter:** Keep ½ cup yogurt to use as a starter for your next batch.

