

Dessert Yogurt



1 can of sweetened condensed milk

1 quart of half and half

3 cups of whole milk

1/2 cup of generic Splenda

I thoroughly mix all of this and bring the mixture to 180F and then turn the pot off. Leave the pot covered for 30 minutes. Then cool the mixture to 110F and stir in 6 ounces of Activa vanilla flavored yogurt for the starter. I incubate for 7 hours then cool overnight. 😊



LaUna Guinn I really don't like what most people call yogurt, too tart. This is very, very mild. If you want it to be more tart, incubate longer.



Frieda Franchina I use granulated sugar or warmed honey after straining. 😊

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LaUna Guinn Yes, as Frieda says it's ok to use sugar.