



Transforming Lives through Quality Education

DIVISION OF RESEARCH & EXTENSION

Easy Way of Making Yoghurt at Home

Yogurt is a Fermented Milk Product

Yogurt is a fermented dairy product which is easy to make at home within a short time using locally available materials. Yoghurt has a higher nutritional value than fresh milk due to the live cultures which provide immune boosting to the digestive system.

The Value of Yoghurt

A part from boosting immunity, yoghurt is a rich source of protein, nutrients such as calcium, vitamin B2, vitamin B12, Potassium and Magnesium. Children and the elderly will benefit more from yoghurt due to their enormous calcium requirement. Calcium is also important in the prevention of bone loss (osteoporosis) in women and bone mass development in all ages.

Simple Steps in Making Yoghurt at Home

What you need:

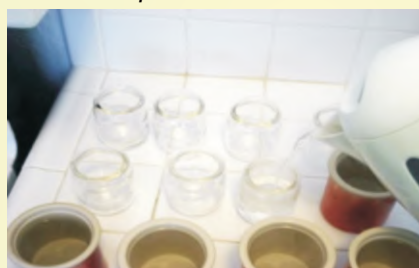
100g yoghurt containing live cultures, 1 liter of milk, glass or ceramic cups, large plastic jars (2), cool box and a thermometer.

Step by step in making yoghurt:

1. Boil the milk- ensures that the milk is safe from other bacteria that would compete with the live cultures and also stabilizes the milk proteins.
2. Sterilize your cups with hot water.
3. Cool the milk to 43°C and add the 100g yoghurt with live cultures to the warm milk while stirring until it completely dissolves.
4. Pour hot water in the plastic jars (source of heat) and transfer to the cool box.
5. Distribute the warm milk previously mixed with 100g of yoghurt to the sterile cups
6. Load the cups to the cool box containing hot water jars and cover tightly, leave for 6-8hrs.
7. Transfer the yoghurt from the cool box and serve it chilled.



Step 1 – Boil the milk



Step 2- Sterilize the cups with hot water



Step 3 –Warm cool box



A child served chilled milk

Deputy Vice-Chancellor (Research and Extension)

dvcre@egerton.ac.ke ; www.egerton.ac.ke

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