

**MAKING YOGURT AND KEFIR WITH SOY BEVERAGE, IT IS POSSIBLE!**

We suggest, further to the tests ran to this day in our laboratory, to use the below-mentioned soy beverages with the different Yogourmet freeze-dried starters. You will then obtain excellent results. The tests have been run with the Yogourmet Multi electric yogurt maker.

Yogurt and kefir made with the Yogourmet freeze-dried starters will keep for 2-3 weeks in the refrigerator.

**IT IS UP TO YOU TO DISCOVER YOUR FAVORITE SOY BEVERAGE!**

**MAKING YOGURT WITH  
YOGOURMET ORIGINAL FREEZE-DRIED YOGURT STARTER**

SOY BEVERAGE		PREPARATION
Edensoy Organic Original	Shelf stable package (UHT)	Heat up to 42-44°C/108-112°F; Add the yogurt starter.
Edensoy Organic Unsweetened	Shelf stable package (UHT)	Heat up to 42-44°C/108-112°F; Add the yogurt starter.
So Nice Organic Original	Refrigerated package	Heat up to 82°C/180°F; Cool down to 42-44°C/108-112°F; Add the yogurt starter.
So Nice Organic Original	Shelf stable package (UHT)	Heat up to 42-44°C/108-112°F; Add the yogurt starter.
So Nice Organic Natural	Shelf stable package (UHT)	Heat up to 42-44°C/108-112°F; Add the yogurt starter.

**MAKING YOGURT WITH  
YOGOURMET CBA FREEZE-DRIED YOGURT STARTER WITH PROBIOTICS**

SOY BEVERAGE		PREPARATION
Edensoy Organic Original	Shelf stable package (UHT)	Add the yogurt starter directly to the soy beverage that is at room temperature (23-25°C/73-77°F).
Edensoy Organic Unsweetened	Shelf stable package (UHT)	Add the yogurt starter directly to the soy beverage that is at room temperature (23-25°C/73-77°F).
So Nice Organic Original	Refrigerated package	Heat up to 82°C/180°F; Cool down to 23-25°C/73-77°F; Add the yogurt starter.
So Nice Organic Original	Shelf stable package (UHT)	Add the yogurt starter directly to the soy beverage that is at room temperature (23-25°C/73-77°F).
So Nice Organic Natural	Shelf stable package (UHT)	Add the yogurt starter directly to the soy beverage that is at room temperature (23-25°C/73-77°F).

**MAKING KEFIR WITH  
YOGOURMET FREEZE-DRIED KEFIR STARTER (NO APPLIANCE REQUIRED)**

SOY BEVERAGE		PREPARATION
Edensoy Organic Original	Shelf stable package (UHT)	Add the kefir starter directly to the soy beverage that is at room temperature (23-25°C/73-77°F).

Several plant beverages (other than soy beverages) are offered on the market. Those that we have tested let us believe that it is not possible to use them to make yogurt or kefir. The main reason why it is not possible to use them is that they do not contain a type of sugar that can be assimilated by the bacteria contained in the Yogourmet freeze-dried starters, or in insufficient quantity, as well as an insufficient amount of protein to produce a satisfactory consistency and texture.