

YOGOURMET NON-DAIRY FREEZE-DRIED YOGURT STARTER

(TO BE USED WITH SOY BEVERAGE)

MAKING YOGURT WITH THE YOGOURMET NON-DAIRY FREEZE-DRIED YOGURT STARTER AND 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 Yogourmet Non-Dairy freeze-dried yogurt starter. You will then obtain excellent results. The tests have been run with the Yogourmet Multi electric yogurt maker.

Yogurt made with the Yogourmet Non-Dairy freeze-dried yogurt starter will keep for 2-3 weeks in the refrigerator.

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

MAKING YOGURT WITH

YOGOURMET NON-DAIRY FREEZE-DRIED YOGURT STARTER

SOY BEVERAGE	PREPARATION
Edensoy Original organic soy beverage	Shelf stable package (UHT) Heat up to 42-44°C/108-112°F; Add the yogurt starter; Incubate 5.00 hours or until desired firmness. – OR – Add the yogurt starter directly to the soy beverage that is at room temperature (23-25°C/73-77°F) and mix well; Incubate 6.00 hours or until desired firmness.
So Nice Fortified organic soy beverage	Shelf stable package (UHT) Heat up to 42-44°C/108-112°F; Add the yogurt starter; Incubate 5.50 hours or until desired firmness. – OR – Add the yogurt starter directly to the soy beverage that is at room temperature (23-25°C/73-77°F) and mix well; Incubate 8.00 hours or until desired firmness.
So Nice Fortified organic soy beverage	Refrigerated package Heat up to 82°C/180°F; Cool down to 42-44°C/108-112°F; Add the yogurt starter; Incubate 5.75 hours or until desired firmness.
President Choice (Loblaw) Low fat organic soy beverage	Shelf stable package (UHT) Heat up to 42-44°C/108-112°F; Add the yogurt starter; Incubate 5.75 hours or until desired firmness. – OR – Add the yogurt starter directly to the soy beverage that is at room temperature (23-25°C/73-77°F) and mix well; Incubate 8.00 hours or until desired firmness.

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. 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 Non-Dairy freeze-dried yogurt starter, or in insufficient quantity, as well as an insufficient amount of protein to produce a satisfactory consistency and texture.

We have tested the Yogourmet Non-Dairy freeze-dried yogurt starter with the following soy beverages : Almond (Almond Breeze), Chickpeas (Ripple), Rice (Dream), Rice & Almond (Isola Bio), Rice & Quinoa (Dream), So Fresh Almond (Earth's Own) and So Fresh Cashew (Earth's Own). Unfortunately, the results were not satisfying.