



Instant Pot

GREEK YOGURT

Protein is one of the most crucial—and most commonly lacking—nutrients for adults over 60. One of our favorite ICU nurses shared this simple, high-protein recipe with us, and we think it's an absolute game changer.



PREP TIME
10 MIN



COOK TIME
9-12 HRS



PROTEIN
51 GRAMS

Ingredients

- ½ Gallon of whole milk. (2% works but won't be as creamy)
- 2 tbsp plain Greek yogurt with active bacterial cultures. (It will be on the label)

Equipment

- Instant Pot/Pressure Cooker
- Food Thermometer
- Silicone Spatula
- Greek Yogurt Maker/Coffee Filter/Cheese Cloth/Strainer

Instructions

1. Pour ½ gallon of milk into your Instant Pot or pressure cooker and use the yogurt function to heat the milk to 180°F. (this kills all the bacteria) - **30 to 40 Minutes.**
2. Let the milk cool to about 110°F. Use a thermometer to make sure you are at the right temp. (You can set the inner pot in a larger bowl filled with cold water to speed up cooling) - **5 Minutes.**
3. Add 2 TBSP of your preferred Greek Yogurt to your milk mixture and stir in.
4. Press the yogurt button on your Instant Pot and adjust the time to **8-12 hours.** (the longer you incubate the tangier your yogurt will be)
5. Use a cheese cloth, coffee filter or Greek Yogurt Maker to strain your yogurt and place in the fridge. (The longer you strain it the thicker it will be) - **1 to 8 hours.**

Tips:

- You can always add in more whey if your yogurt is too thick.
- Add in granola, honey or any of your favorite Yogurt mix-ins.