

Fool Proof Yogurt

Wyoming Ag-tivity

Activity Procedure:

1. In a bowl, mix powdered milk and water. Stir with wire whisk until dissolved.
2. Add the yogurt and whisk or blend until most clumps are dissolved.
3. Pour the mixture into the cups, cover and let stand (warm) in the cooler for 6-8 hours. During this “incubation time” the bacteria will multiply, ingest the milk sugar (lactose), and thicken the milk turning the mixture into yogurt.
4. Refrigerate and enjoy.

As a science experiment, you may want to manipulate the recipe to see how the bacteria thrive best.



Materials

- 1 3/4 cup powdered milk
- 4 cups very warm water (not over 120 degrees F)
- 1/3 cup plain yogurt
- Wire whisk
- 5-6 one cup containers with lids, like used yogurt containers
- Small cooler

Estimated Time

30 Minutes
Plus 6-8 hour wait time

Grades 2-6