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Homemade Yogurt: The Complete Guide To Making Natural Yogurts From Your Kitchen

Homemade Yogurt



The Complete Guide to Making Natural Yogurts
From Your Kitchen



Synopsis

Valued for its health benefits and loved for its unique flavor, yogurt has been and continues to be a staple of many cultural diets today. Coming in a variety of flavors and forms, it is not only a delicious addition to a meal but offers a number of health benefits as well. The best part? You can make it right from the comfort of your kitchen, to avoid commercially prepared and processed foods! In "Homemade Yogurt: The Complete Guide to Making Natural Yogurts From Your Kitchen" you'll find not only detailed directions on how to make yogurt, but 15+ delicious yogurt recipes! Join the "Homemade" Movement!

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Customer Reviews

I was looking for a book that tells step-by-step how to make homemade yogurt. This book tells about yogurt but only has directions to make greek yogurt. There are quite a few recipes in the back of the book but they are recipes on how to use yogurt, not actual yogurt recipes. I would not recommend.

The book was very informative for first time yogurt makers. It gave a better understanding of basic yogurt making. Very helpful.

Good information about yogurt. Recipes pretty simple and tasty.

Works great. I'm glad I bought it.

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