

Making plain plant-based yogurt without a fancy yogurt maker.
Inspired by the recipe from Miyoko's "Artisan Vegan Cheese" cookbook.

INGREDIENTS

2/3 cup raw cashews
1 quart soy milk
3 Tbsp vegan yogurt (store
bought for the first time,
then from previous batch)

DIRECTIONS

Blend cashew and milk together. Bring the mixture to 110F. Add yogurt.
Mix well. Pour in jars and place in insulated bag for 6 hours.
Once set, place the yogurt in fridge. It keeps for about 2 weeks.

Note that you could also use a vegan starter culture instead of a vegan
yogurt the first time. Follow the instruction on the packet. I bought [this](#)
[one](#) in the past.