

Greek Yogurt Recipe

1 gallon of whole pasteurized milk
4 tablespoons yogurt culture
(plain Chobani works, ingredient label needs to say **live** culture)

Heat slowly while stirring to 180°, let cool to 110°, add culture to milk, stir well, cover, put in oven for 8-10 hours, drain w/90 cheesecloth in fridge 4-6 hours.

Greek Yogurt means drained longer so that it's thicker.

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Greek yogurt contains nearly double the protein of regular yogurt (about 15-20g per 6 oz serving compared to 8-12g in regular).

This is because Greek yogurt is strained to remove the liquid whey, which concentrates the protein and removes much of the natural sugars and carbs.

Protein: 15g to 20g per 6-ounce serving in Greek, compared to 8g to 12g in regular.

Carbohydrates & Sugars: Greek yogurt has significantly fewer carbs and about half the natural sugar (lactose) of regular yogurt.

Calcium: Regular yogurt retains more whey, which means it typically provides about 30% more calcium per serving than Greek yogurt.

Texture: Greek yogurt is thick and tangy, making it great for baking, smoothies, or as a sour cream substitute.

Greek Yogurt is best for muscle recovery, weight management, and controlling blood sugar.

Regular Yogurt is ideal if you are looking for a calcium boost or prefer a creamier, slightly sweeter base.