

Soy Yogurt



Ingredients:

1 package yogurt starter

Sea Salt -to taste

1 quart Non-GMO soy milk, heated to boiling and cooled to lukewarm

Directions:

Sprinkle sea salt over a bowl of moist soy yogurt and allow to set. Refrigerate, stirring occasionally when curds develop.

8 servings:

Protein ½

Fat 1

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