As far as dairy goes, natural yogurt is about as healthy as it gets! The enzymes and bacteria break down the lactose in the milk and make it way easier to digest, and it is full of the probiotic goodness that millions of people are spending millions of dollars in those little bottles and fancy yogurts.

The best thing about making yogurt at home is how ridiculously easy it is to do! Seriously I don't know why everyone who eats a lot of yogurt doesn't just make it themselves... All you need is some milk and a few spoons of an existing live natural yogurt. Mix the two together and the bacteria in the live yogurt will colonize the milk and turn the whole thing into delicious and nutritious natural yogurt. If you haven't tried this, give it a go and you'll be blown away just how quick/easy/cheap it is to make your own homemade yogurt.

(If you like your yogurt thicker/cremier, follow the steps below and when you add the live yogurt to the milk, add it to a wide-mouth Thermos type flask instead. This will keep the temperature up longer and the bacteria will go crazy!)

How To Make Homemade Yogurt In A Mason Jar

(Photo from: The Prairie Homestead)