



Low-Carb Sugarfree



Homemade Yogurt

by April S Fields



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<http://www.kitchenwisdom.com/indesign>

All photos were styled and photographed by April S Fields using an Olympus D-550 Digital camera and prepared using Adobe Photoshop.

The type is set using Papyrus and Adobe Casion Pro fonts.

April S Fields is a retired photo-stylist, freelance writer and avid recipe developer.
Her first cookbook ~

101 Low-Carb & Sugarfree Dessert Recipes
can be found at

<http://Lowcarbsweets.com> and Amazon.com

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Meema's Homemade Whole Yogurt

Equipment needed:

- 8 - 8 oz jelly jars with lids (these usually come in a box of a dozen – save the divider tray)
- Double boiler & large pot it will fit in (I use a universal double boiler that is wide at the top and round and smaller at the bottom with a handle that hooks over the edge of the pot.)
- Another pot the double boiler will fit in (for the quick chill stage)
- Accurate candy thermometer (Wilton makes a good one)
- Incubator (This is where you might have to improvise. I use my electric turkey-roaster which is a bonus that I have found a use for it other than once a year. But for those who don't have one of these marvelous appliances, a large Styrofoam cooler and a heating pad will do the same thing.)
- Small saucepan
- Measuring cup and tablespoon
- Whisk

Ingredients to make 8 one-cup jars:

- 1 - quart half & half (32 oz)
- 1 - pint heavy cream (16 oz)
- 1 - cup vanilla sugarfree syrup (8 oz)
- 1 - Tbsp unflavored gelatin
- 1 - scoop (3 Tbsp) unflavored, unsweetened Whey Protein Isolate
- 2 - heaping Tbsp unsweetened plain yogurt with live active cultures (I use Dannon)



Notes:



• The purpose for the Whey Protein is to add back in the protein that is removed by using heavy cream instead of skim milk.

• The purpose for the gelatin is to add additional protein and firmness.

• If you have done the math you will see that the ingredients do not add up to eight cups. This is something of a mystery because I always end up with eight cups of yogurt from this recipe. I suspect blending the first two cups of half & half with the whey apparently adds air, thus volume. Trust me, I'm not complaining.

• You do not have to use the Sugarfree Syrup but it is a great, subtle addition and it is the best means for adding in the gelatin. If you wish to omit it, soften the gelatin over a cup of the half & half, heat it just until the gelatin is dissolved and add it to the remaining mixture at the 120° stage. Leaving out the syrup will decrease the volume yielding only seven cups and thus increasing the carbs.

• If you think the carb count is high per serving, remember this: the serving size is a FULL eight ounces. Commercially made yogurt comes in four-six ounce servings.

Total Carbs = 49.26

8 - 8 oz servings = 6.158 carbs/ 4.88 gm protein each



To watch a 6 minute [Quicktime](#) demo,
double-click the photo.
You must have [Adobe](#) Reader 6.0 or newer
to view video

Allow for brief download time. This might take
several minutes depending on your Internet con-
nection. Movie will fast start as it downloads.



Meema's Homemade Yogurt

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2 cups	half & half	}	Blend in blender.
3 Tblsp	whey protein isolate		
1 pint	heavy cream	}	Combine and heat in top of double boiler with blended half & half to 120°.
2 cups	half & half (rest of quart)		
1 cup	vanilla sugarfree syrup	}	Sprinkle gelatin over syrup in small saucepan. Allow to soften then heat to dissolve then add to cream mixture. Heat to 180°.
1 Tblsp	unflavored gelatin		
		}	Pour mixture into 8 cup container that has been set in ice water. Chill to 110°.
2 Tblsp	plain, unsweetened yogurt		
		}	Add to chilled down mixture and pour into sterile jars. Stir gently to mix.

Place the filled jars into an incubator for 8-10 hours at 100°. When set, store in refrigerator.

Total Net Carbs = 49.26

8 servings = 6.158 carbs/4.88 protein



Cherry Yogurt Parfait

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8 oz homemade yogurt
½ can sugarfree cherry pie filling

} To make 2 parfaits:
Divide yogurt by half.
Layer spoonfuls of yogurt and pie filling.

Top with whipped cream and garnish with nutmeg.

Total Net Carbs = 30.65

2 servings = 15.32 each



Orange/Vanilla Protein Shake

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8 oz homemade yogurt
3 Tbsp whey protein isolate
½ cup sugarfree vanilla syrup
½ tsp orange unsweetened drink mix

} Blend on high in blender to mix.
Add 1½-2 cups crushed ice.
Blend until smooth.

Pour into a frozen mug.

Total Net Carbs: 7

Protein = 29.88



Chili/Chives Yogurt Dip

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8 oz homemade yogurt
2 tsp chili powder
1 Tblsp chopped chives

} Blend and store in refrigerator several hours
before serving

Serve with crisp celery sticks.

Total Net Carbs= 7

Approximately 17 Tblsp = less than ½ carb each.



Eat it plain or add sugarfree maple syrup with walnuts, or strawberries w/almond slivers.



Enjoy!