**Yogurt**

**Ingredients:**

1 ltr U.H.T. Milk

Up to 4 tbsp of milk powder

2-3 tbsp of Live Yogurt

**Method**:

1 Mix well in a sealed container

2 Fill a thermos flask large enough to hold the sealed container with boiling water to a third of the way up and insert the sealed container holding the Yogurt mix.

3 Leave for 12-15 hours

4 Drain

5 Chill

**Serving suggestions**

Serve with Curry or on cereal.