



Dehydrate Yogurt

by [judypalmer](#) on May 21, 2015

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Intro: Dehydrate Yogurt

Planning backpacking food is a challenge to make meals that are tasty and nutritious and that weigh as little as possible. Dehydrated yogurt can add flavor and calories to any meal of the day. The process has been described on several camping (e.g. <http://www.explore-mag.com/the-happy-camper-dehydrating-yogurt/>) and food websites (e.g. <http://www.kitchenstewardship.com/2012/06/22/how-to-dehydrate-yogurt-a-healthy-snack-or-long-term-storage-option/>; <http://dehydratingwaybeyondjerky.blogspot.com/2012/03/dehydrating-yogurt.html>). Some yogurts dehydrate better than others. Greek yogurts work well. Some blended fruit yogurts can be made into a yogurt-fruit leather. Lumpy fruit yogurts can be difficult to dry evenly.

Supplies and materials:

Yogurt (Six ounces (170 grams) of yogurt will make a little over an ounce (30 grams) of dry yogurt.)

Dehydrator (there are many brands and styles, Nesco has a good selection --> http://www.nesco.com/products/Dehydrators/Dehydrators/session_60f805f56d0c/)

Fruit leather trays for dehydrator (available from Nesco --> http://www.nesco.com/products/Dehydrators/Fruit-Roll-Sheets/session_60f805f56d0c/)

Large bowl, Large spoon

Coffee or spice grinder

Small (about 3 x 3 inch; 20 x 20 mm) plastic bags (or other storage containers)

Note: The process could probably be adapted to utilize a low temperature oven, cookie sheets, and a blender)



Step 1: Spread yogurt on fruit leather drying tray

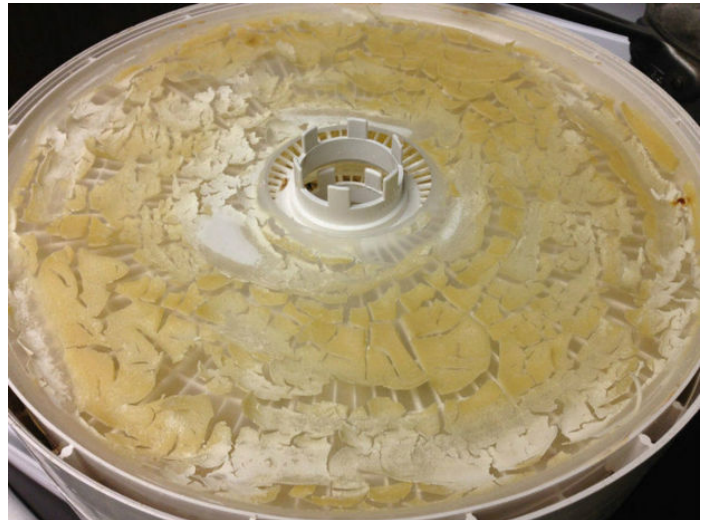
Spread 6-8 ounces (170 - 225 grams) of yogurt relatively evenly about 1/8 - 1/4 inch (3 - 5 mm) thick on a fruit leather tray.



Step 2: Dehydrate

Place the trays in a dehydrator. If the dehydrator has a temperature control, use a fairly low temperature (115 - 125 deg F / 46 - 52 deg C) or the yogurt will discolor. One can also place empty trays between the loaded ones and the heat source.

Dry for several hours until the yogurt is flaky and completely dry.



Step 3: Remove dried yogurt from the tray

This can be a messy process as the flakes are very thin and friable. Hold the tray over a large bowl and flex it to release the pieces into the bowl.



Step 4: Break flakes into smaller pieces

Once all the yogurt from a tray is in the bowl, break up the larger pieces by hand so they will fit into a grinder. Unless the flakes are pulverized, they will not rehydrate well.



Step 5: Place the flakes into a grinder

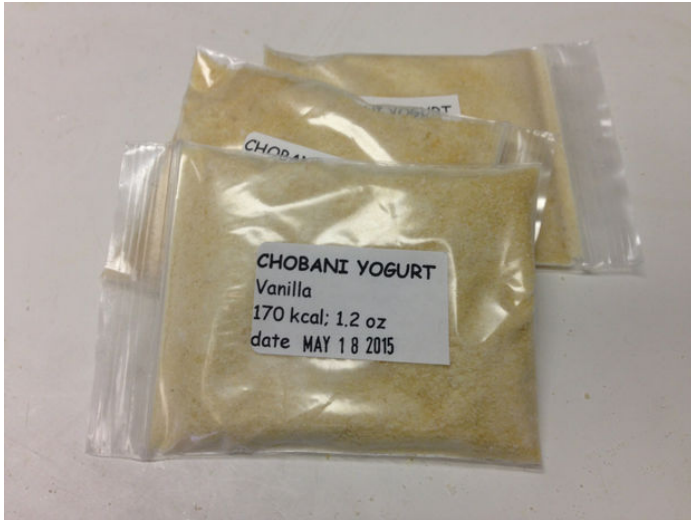
The flakes can be ground in a coffee grinder (if you like coffee yogurt!) or a spice grinder.

The result will be a fine powder.



Step 6: Package the powdered yogurt

Individual servings can be packaged in small plastic bags or other containers. If the dried yogurt will not be used within a few days, it can be stored in the refrigerator or freezer.



Step 7: Enjoy!

The dried, powdered yogurt can be added to cereal or other dishes for flavor and to boost calories. To re-hydrate to yogurt-like consistency, add about 2-3 ounces (60 - 90 ml) of water to one ounce (30 grams) of powder, mix well, and let set for 10-20 minutes. The result will not be as smooth as the original yogurt, but will be as tasty.



Related Instructables



Yogurt Tutorial
by kansasa



Pumpkin Pie Bark (or leather)
by KK4BPS



Free, green, solar dehydrator
by lwilky



Homemade Beef Jerky
by zymurgeneticist



[Backpacking Food] Soft Tacos
by Danger is my middle name



Backpacking and survival tip. how to make dehydrated food tomatoes great for prepping (video)
by backpackinggeek

Comments

3 comments [Add Comment](#)



xxlauraxx says:

What a cool technique; I didn't know you could do this. Thanks for sharing.

You should enter this in the Outdoor Cooking Contest! <http://www.instructables.com/contest/outdoorcooking/>

May 21, 2015. 3:13 PM [REPLY](#)



Wolfbane221 says:

Cool!!!

May 21, 2015. 2:43 PM [REPLY](#)



amberrayh says:

Great idea! Thanks for sharing.

May 21, 2015. 2:38 PM [REPLY](#)