Fruit yogurt

Recipe by V-ZUG Ltd.



Preparation	30 Mins
Resting time	2 Hrs
Cooking time	8 Hrs 20 Mins
Portions	4
Appliance	CombairSteamer V2000 from 2021

with crunchy granola

Bilberries

200 g bilberries

50 g preserving sugar

1 knife tip of cardamom powder

yogurt

600 ml whole milk

2 tbsp natural yogurt

Granola

2 tbsp honey

1 tbsp rapeseed oil

2 tsp ground cinnamon

100 g spelt flakes

2 tbsp puffed spelt

2 tbsp walnut kernels, chopped

1 tbsp crushed linseed

Bilberries

Simmer all the ingredients in a small pan over a medium heat for about 10 minutes. Divide among 4 clean jars and allow to cool down.

Yogurt

Stir the milk and yogurt together, then carefully pour into the jars with the bilberries.

Put the yogurt on a stainless steel tray in the bottom shelf position and leave to ferment and set at 40 °C for 8 hours using the steam mode.

Cover and leave to cool in the refrigerator.

Granola

Preheat the cooking space to 160 °C using the hot air mode.

Heat the honey, rapeseed oil and cinnamon in a pan over a low heat. Remove from the heat, add the rest of the ingredients and mix together well. Spread the mixture out on a baking tray lined with baking paper.

Bake in the middle shelf position for 20 minutes.

Serving

Sprinkle the granola over the yogurt, according to preference.

Keep any granola that is left in a closed container, away from moisture and direct light.

Cooking steps

Steaming 100 °C for 8 Hrs

Remove the food from the cooking space. Prepare.

(Pre-)heat cooking space to 160 °C with Hot air

Preheating finished. Put the food in.

Hot air 160 °C for 20 Mins

Tips

Yogurt cultures can be used as an alternative to shop-bought yogurt. Follow the preparation instructions on the packaging.

Accessories

4 preserving jars à 200 ml

Stainless steel tray

Baking tray

Additional information

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