



# Viili Perpetual No-cook Homemade Yogurt: The World's Easiest, Healthiest, 100-percent Natural Yogurt

*Caleb Warnock*

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*Viili Perpetual No-Cook Homemade Yogurt* is the perfect introductory booklet to viili, a yogurt-like, traditional Finnish dish which never needs to be cooked and is made entirely on the countertop by pouring milk into a starter (the residue of the yogurt you just used). Yogurt making has never been easier!

With expert advice from self-sufficiency expert Caleb Warnock, *Viili Perpetual No-Cook Homemade Yogurt* includes the history of viili; where to get a start; how to use it with pasteurized milk, raw milk, and powdered milk; how to store it; how to keep the yogurt sweet; specific scientific health benefits; and twenty delicious recipes.



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