



Instructions for Making L. Reuteri Cultured Superfood

LR SUPERFOOD STARTER

Dairy

Instructions for Making L. Reuteri Cultured Dairy Superfood

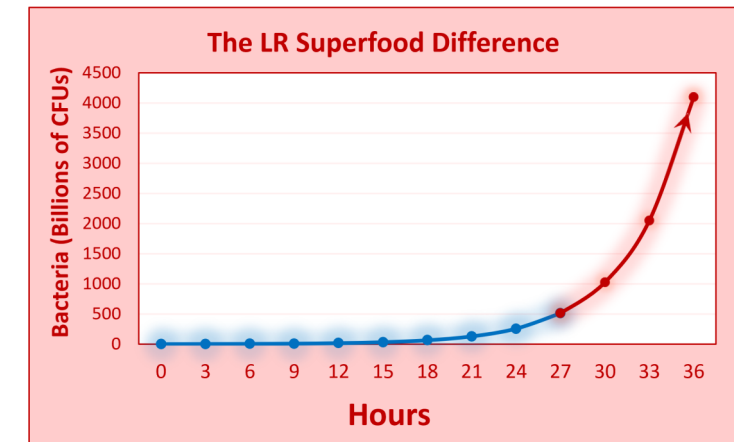
Makes	1 quart of cultured dairy
Time	Prep: 10 minutes Culturing: 36 hours
You'll need...	<p>An appliance that can maintain a constant temperature of 100F for 36 hours, such as a yogurt maker with an adjustable temperature setting, or a sous-vide.</p> <p>A glass/ceramic bowl or a glass jar that can hold at least 1 quart of liquid. Make sure that your utensils (jar, bowl, spoons etc) are very clean.</p> <p>A plastic wrap or a loosely fitting lid.</p> <p>Dairy:</p> <ul style="list-style-type: none"> • For a very rich and firm end-product: 1 quart of dairy half & half. • For a rich, semi-firm end-product: 2 cups of dairy half & half + 2 cups of whole dairy milk. • For a soft end-product, similar in texture to yogurt: 1 quart of whole dairy milk. <p>Use milk without additives. Raw milk is not suitable. For a vegan option, see the vegan recipe in this insert.</p> <p>1 sachet of LR Superfood Starter.</p> <p>2 tablespoons of a prebiotic fiber (such as Prebio Plus).</p>

Step 1	In a glass/ceramic bowl or a glass jar, mix 2 tablespoons of prebiotic fiber (such as Prebio Plus) with the contents of 1 sachet of LR Superfood Starter.
Step 2	Stir in 5-6 tablespoons of milk. Mix well to avoid clumping. Do not blend. The result should resemble a slurry.
Step 3	Stir in the remainder of the milk. Mix well for even distribution. Do not blend.
Step 4	Cover lightly with plastic wrap or a loosely fitting lid.
Step 5	Ferment at a constant 100F for 36 hours, away from the airflow of air vents/heaters/air conditioning, etc. Do not stir while fermenting.
Step 6	<p>When done, remove from appliance, close lid, and refrigerate.</p> <p>Will keep in the fridge for up to 4 weeks.</p> <p>Important: Don't heat the end-product or stir it into a hot dish. Don't blend. L. reuteri are living bacteria; heating or blending will kill them.</p>
Reculture	To make a new batch, repeat these instructions, but use 2 tablespoons of a previous batch of your cultured dairy as your starter. You can use the curds, the whey, or both.

Note: Store the starter culture in the refrigerator until you're ready to use it.

Our unique LR Superfood Starter culture provides a high concentration of the exceptional microorganism, Lactobacillus reuteri. Restoring L. reuteri into your gastrointestinal tract is among the most powerful strategies you can apply for health, both physical and emotional*.

When you use the 'low and slow' culturing process described in the instructions, the bacterial counts of this beneficial strain are increased exponentially over the 36-hour period (see the graph below). The result is a rich, thick, delicious and super-healthy dairy product! It's far superior to regular yogurts, which are fermented relatively quickly, and typically contain much lower counts of probiotic bacteria*.



*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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Instructions for Making L. Reuteri Cultured Superfood

LR SUPERFOOD STARTER

Vegan

Instructions for Making L. Reuteri Cultured Vegan Superfood

Makes	About 1 quart of cultured coconut milk
Time	Prep: 30 minutes Culturing: 36 hours
You'll need...	An appliance that can maintain a constant temperature of 100F for 36 hours, such as a yogurt maker with an adjustable temperature setting, or a sous-vide.
	A blender or stick blender.
	A medium saucepan.
	A thermometer.
	A glass/ceramic bowl or a glass jar that can hold at least 1 quart of liquid. Make sure that your utensils (jar, bowl, spoons etc) are very clean.
	A plastic wrap or a loosely fitting lid.
	2 x 14-ounce cans of coconut milk (without additives, except for guar gum).
	1 sachet of LR Superfood Starter.
	2 tablespoons of a prebiotic fiber (such as Prebio Plus).
	1.5 tablespoons of guar gum.

Note: Store the starter culture in the refrigerator until you're ready to use it.

Step 1	Heat the coconut milk to 180F in a medium saucepan. Remove from the heat, and let it cool a little.
Step 2	Add the guar gum and the prebiotic fiber to the coconut milk, and blend for about a minute, until the texture is uniform and resembles heavy cream. (We do this to dissolve the powder, and for even distribution of the naturally-occurring coconut oil.)
Step 3	Let cool to 100F (or room temperature), and then transfer to a bowl/jar. It's important to let the mixture cool so that you don't kill off the L. reuteri.
Step 4	Stir in the LR Superfood Starter. Mix well for even distribution. Do not blend.
Step 5	Cover lightly with plastic wrap or a loosely fitting lid. Ferment at 100F for 36 hours, away from the airflow of air vents/heaters/air conditioning, etc. Do not stir while fermenting.
Step 6	When done, remove from appliance, close lid, and refrigerate. Will keep in the fridge for up to 4 weeks. Important: Don't heat the end-product or stir it into a hot dish. Don't blend. L. reuteri are living bacteria; heating or blending will kill them.
Reculture	To make a new batch, repeat these instructions, but use 2 tablespoons of a previous batch of your cultured end-product as your starter. You can use the curds, the whey, or both.

Looking for a great prebiotic to boost your LR Superfood?

Try our Prebio Plus!



Also available from Cutting Edge Cultures:

