

Trim Healthy
W I S D O M

L. Reuteri Superfood Yogurt (FP or S)

(S – Pearl and I are honored to share this incredible recipe with permission from our friend over at [Cultured Food Life ~ Donna Schwenk](#). There are some complicated L. Reuteri yogurt recipes out there on the internet, but Donna makes things simple. Using her recipe, this yogurt has become a wonderful part of my life in the last year or so. Be sure to check out my L. Reuteri Quark recipe that I make with it. I prefer the Quark version now instead of just the yogurt, but you may love to make either or both.

What have I noticed since including it? Well, kefir is still the largest part of my cultured milk food world. L. Reuteri is a stronger microbe than the ones that kefir contains, so you only need smaller amounts of it. But since I have been including just (¼ cup to sometimes 1 cup) several times a week, my metabolism has shot up even further. I've already got plenty of CLBM and I don't suffer from insulin resistance, but this yogurt has made me an even better burner of food! I lost some fat using it... fat that I didn't intend to lose, so I'm working on gaining some of that back with some higher-density meals. L. Reuteri is a fat-burning gut bug, and I can tell! It has helped me gain even more CLBM, and while I don't have SIBO, it is a powerful fighter of it, so I like what it does to my gut beyond what my wonderful kefir has already done for me.

While I use raw milk from my farm animals for my kefir, you can't do that for L. Reuteri. I use organic 1 or 2% Pasteurized milk because it is already heated to the proper temp needed for this yogurt to make thick curds. I love to use the A2 version of milk. You may find some people using Half & Half to make this yogurt online. I don't suggest that if you are in a challenging pause season as it can be too dense to burn.

If you want to make this yogurt or my Quark version, just always remember to keep 1 Tbs per jar of whey and 1 Tbs per jar of curds to combine back together and use to keep your yogurt remaking itself for the next time. Now I am going to place you in Donna's capable hands and let her tell you all about this yogurt and how to make it.)

From Donna Schwenk:

LR Superfood Yogurt is a cultured dairy made with completely different strains of bacteria than conventional yogurt. These beneficial bacteria, Lactobacillus Reuteri, impart significantly higher benefits and far higher probiotics compared to conventional yogurts.

This yogurt is thicker than Greek yogurt and is one of the best-tasting yogurts I've ever had. You will love this yogurt just for the taste and texture alone but check out all the other benefits too.

IMPORTANT! When you make your first batch please use Ultra-Pasteurized milk. Most organic milk is ultra-pasteurized. You can also heat the milk to 195°F / 90°C and hold it there for 10 minutes if you can't find UHT milk. Then cool it down in the fridge or freezer until it gets back down to 100°F before adding the starter.

This denatures most of the lactoglobulin protein in milk and allows it to join in the mesh of other proteins (instead of remaining inactive) and increases the amount of protein in the milk that will thicken the yogurt. If you use ultra-pasteurized milk, then it has already been heated and held at a high temperature, so you don't need to heat it. Without this, the yogurt can separate into whey and curds.

The health benefits are many, and *L. Reuteri* has been helpful in treating SIBO and SIFO, Candida, Colic in infants, and *H. pylori*, and is also known for increasing oxytocin, known as the love hormone!

LR Superfood's fermentation process is different from that of conventional yogurts: LR Superfood is fermented for 36 hours at a lower temperature than conventional yogurts and requires the addition of prebiotic fiber to the milk. So, it's important to check and see if your yogurt maker is low enough (97-100°F) to make the yogurt.

This process generates very high probiotic bacterial counts, far higher than store-bought yogurts or even homemade ones.

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.

The result is a rich, thick, delicious, pleasantly tart, and super-healthy dairy product, far superior to regular yogurts which are fermented relatively quickly and typically contain much lower counts of probiotic bacteria.

And there's a bonus, too! Once you've made a batch of LR Superfood Yogurt, you can use some of it to culture your next batch!

Equipment (see our brand recommendations [HERE](#))

- Luvele Yogurt Maker or
- Digital Yogurt Maker or
- Instant Pot (Must be able to manually set the temperature to 100°F) or
- Sous Vide Precision Cooker (You'll also need a container.)
- Sous Vide Container

INGREDIENTS:

- 1 quart Half & Half Ultra-Pasteurized or Ultra-Pasteurized whole milk for a semi-firm result or a combination of the two (See Donna's [L. Reuteri Yogurt FAQ](#) page for more info)
- 1 package [L. Reuteri Superfood Yogurt Starter](#)
- 2 Tbs [Prebio Plus](#)
(*S – or you can use inulin powder for budget's sake; see our brand recommendations [HERE](#)*)

INSTRUCTIONS:

Before You Begin

1. This recipe takes exactly 36 hours to ferment, so it's best to start either early in the morning or later in the evening. Otherwise, if you start at 3 in the afternoon, for example, you'll have to get up 36 hours later at 3 am.
2. Make sure the equipment you're using is able to maintain exactly 100°F for 36 hours.
3. Make sure you're using Ultra Pasteurized milk, or you can also heat the milk to 195°F / 90°C and hold it there for 10 minutes if you can't find UHT milk. Then cool it down in the fridge or freezer till it gets back down to 100°F before adding the starter.
4. Check out the Frequently Asked Questions about this starter.

Let's Begin!

1. In a glass/ceramic bowl or a glass jar, mix 2 tablespoons of [Prebio Plus](#) with the contents of 1 sachet of [LR Superfood Yogurt Starter](#).
2. Stir in 5-6 tablespoons of milk. Mix well with a whisk to avoid clumping. Do not blend with a power blender. The result should resemble a slurry.
3. Stir in the remainder of the milk. Mix well with a whisk for even distribution. Do not blend with a power blender.
4. Place in jars and cover lightly with plastic wrap or loose-fitting lids. Don't remove the lids during fermentation to avoid getting a discoloration of yellow or pink on the top of the yogurt. This is a harmless yeast that might affect the taste, so scrape it off the top of the yogurt before consuming it.
5. Place in a yogurt maker or appliance that ferments at a constant 100°F for 36 hours, away from the airflow of air vents/heaters/air conditioning, etc. Do not stir while fermenting.
6. When done, remove jars from the appliance, keep the lids loosely on the jars, and refrigerate. If you tighten your lids while the yogurt is still warm, it may build up pressure and cause your glass jars to break. Once the yogurt has chilled in the fridge, then you can tighten the lids.
7. This will keep in the fridge for up to 4 weeks.

RECULTURING:

1. To make a new batch, repeat these instructions, but use 2 tablespoons of a previous batch of your cultured dairy as your starter. If your first batch is separated into whey and curds, then you can use 1 tablespoon of the whey and 1 tablespoon of the curds to make a new batch that should have little or no separation. You should also use two tablespoons of [Prebio Plus](#) when reculturing.

Additional Note from Donna:

You can also make this in a sous vide, and it works, too, especially if you want to make bigger batches. I love using mine, but I also like the yogurt maker!