

L. Reuteri Super Gut Yogurt Recipe

Ingredients:

- 1.5L of 3.25% whole milk
- 500ml heavy cream
- 2-3 tablespoons of prebiotic (e.g., agave inulin or pure potato starch)
- 4 tablespoons of starter (from a mother batch)

Equipment:

- Instant Pot (with yogurt function)
- 4 sterilized 16oz Mason jars (plastic lids recommended)
- Measuring spoons and cups
- Utensils for stirring

Instructions:

1. Prepare the Instant Pot:

Clean the Instant Pot bowl thoroughly with hot water and soap. Add 1.5L of whole milk and the 500ml of heavy cream into the bowl.

2. Pasteurize the Milk:

Press the "Yogurt" button on the Instant Pot and cycle it to the "Boil" setting. Let it heat the milk and cream mixture until the Instant Pot beeps, indicating that the pasteurization is done.

3. Sterilize the Jars:

While the milk is being pasteurized, sterilize 4 Mason jars, their plastic lids, the measuring cup and stirring utensils by placing them in boiling water.

4. Cool the Milk:

Once the milk is pasteurized, let it cool down to **under 100°F**. You can speed up this process by placing the Instant Pot bowl in a large bowl filled with ice water. Cooling the milk is critical, as you can kill the starter otherwise.

5. Prepare the Starter Mix:

Combine 4 tablespoons of your "mother" batch with 2-3 tablespoons of the prebiotic and 2-3 tablespoons of the cooled milk. Stir until the prebiotic is fully dissolved and the mixture is smooth.

6. Incorporate the Starter:

Pour the starter mixture into the cooled milk in the Instant Pot. Stir thoroughly to ensure the starter is evenly distributed in the milk.

7. Fill the Jars:

Pour the mixture into the sterilized Mason jars. To evenly distribute the starter, alternate filling the jars in a round-robin style. Place the plastic lids on each jar loosely enough that the fermentation can gas off.

8. Set Up the Instant Pot:

Clean and dry the Instant Pot bowl. Place the filled Mason jars in the Instant Pot. Fill the Instant Pot bowl with room-temperature water below the jar lids, avoiding getting water inside the jars.

9. Ferment the Yogurt:

Press the "Yogurt" button, cycle to the "Normal" setting, and set the timer for 36 hours. Close the lid of the Instant Pot and let the fermentation begin.

10. Finishing and Storage:

After 36 hours, check the jars. A small amount of whey at the top is normal and can either be poured off or mixed back into the yogurt, depending on your desired consistency. If there is significant separation, that jar may be over-fermented and is best saved as a starter for the next batch.

Useful Tips:

- Start your fermentation when the process finishes at a convenient hour. For example, starting at 7 AM on Monday will finish at 7 PM on Tuesday. Ensure you can transfer the jars to the refrigerator when fermentation completes, as over-fermentation can harm the culture.
- Shake or stir the jars and place them in the refrigerator. After a few hours, the yogurt will firm up, resulting in a delicious, slightly tart, healing yogurt.
- Recommended Serving: $\frac{1}{2}$ - 1 cup per day. You may prefer consuming it first thing in the morning on an empty stomach; it has appetite-suppressing qualities, so I usually make this the only thing I eat until lunch.