

Making Yoghurt

Making yoghurt is great to have more probiotics.

What you need to get started:

- Yoghurt maker (keep the milk at a certain temperature for a certain amount of time)
- Milk

General instructions

1. Heat the milk at **85 degrees** celsius for **10 minutes** to kill any pathogens
2. Let the milk cool to **37 degrees**
3. Pour the probiotics into the milk and mix
4. Pour into containers and cook!
5. After cooking, pour in some vanilla essence and put in fridge

Probiotic	Temp	Fermentation time	Amount	Grower needed
ME-3	38	12 hrs	1 capsule / 400 ml	Inulin if needed
L Reuteri - BioGaia Gastrus (DSM 17938 + ATCC PTA 6475)	37	36-48 hrs	6 capsules / 1 litre	Inulin if needed
L Reuteri -				
Orthoplex multiflora	38	24 hrs	1 cap / litre	insulin to help other strains grow

Revision #5

Created 3 July 2025 00:07:55 by Conor

Updated 25 October 2025 00:38:47 by Conor