

Making and Using Lactobacillus reuteri Probiotic Yogurt

By Valerie Blankenship, RH, AHG

The health benefits of this amazing probiotic are amazing! Restoring L. reuteri into your gastrointestinal tract is among the most powerful strategies you can apply for health, both physical and emotional. In my clinic, I am seeing clients eating yogurt made with L. reuteri probiotic and folks are reporting tremendous improvements in mood, digestion, Candida, Colic in infants, H pylori and gut health in general. It is also becoming famous for its special ability to increase oxytocin, the “Love Hormone”. It is the hormone that we all used to have before it disappeared from 96% of the human gut. *See the article: L. reuteri, The Love Bug that Went Missing* for a complete list of the benefits of this **very rare probiotic**.

You can't buy it in the yogurt form in the US yet, although it is available in Europe. The trick is to make it yourself at home to get the full benefits. This low heat, slow process generates very high probiotic bacterial counts, far higher than store-bought yogurts or even homemade ones.

The fermentation process is different from that of conventional yogurts, as it is fermented for 36 hours at a lower temperature than conventional yogurts and requires the addition of a 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. You may even want buy a special yogurt maker especially for this amazing probiotic

The key is the Superfood starter culture, which provides a high concentration of the exceptional microorganism L. reuteri. 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.

Once you've made a batch of LR Superfood, you can use some of it to culture your next batch.

You will need the following 3 items plus a yogurt maker:

- A yogurt maker that will maintain exactly 100 degrees for 36 hours*
- **Lactobacillus Reuteri Starter**
- 2 tablespoons **Prebio Plus**: <https://www.sagewomanherbs.com/prebio-plus.html>
or Eco Bloom prebiotic fiber powder: <https://www.sagewomanherbs.com/body-ecology-ecobloom.html>
- **Organic, ultra-pasteurized ½ and ½ and/or milk.**

Note: normally, I do not recommend ultra-pasteurized milk when making cultured or fermented foods, but in this case, I do. The reason is: we don't want to have probiotics competing with the three probiotics that we are trying to culture in this special **SIBO Probiotic Yogurt**. This also denatures most of the lactoglobulin protein in your milk and allows it to join in the mesh of other proteins (instead of remaining inactive), which will keep your yogurt from separating into curds

and whey. When you have your first successful batch, you can use this yogurt as a starter and use different combinations of milk based on your preferences. But using **ultra-pasteurized half and half milk gives you the best results for your first batch**. Most organic milk is ultra-pasteurized and this will make the best yogurt.

***Good yogurt maker choices:**

Luvele yogurt maker: <https://www.luvele.com/collections/yogurt-maker/products/luvele-pure-yogurt-maker-2l-glass-container-scd-diet?ref=ZD6JiSySnYJ7wO>

Sutech yogurt maker:

<https://www.amazon.com/sutech-yogurt-maker/dp/B07PBDP38D?tag=culturedfoodlife-20>

Sous vide yogurt maker: you will need both of these components:

[https://www.amazon.com/sous-vide-](https://www.amazon.com/sous-vide-container/dp/B08F9QQZXK?tag=culturedfoodlife-20)

[container/dp/B08F9QQZXK?tag=culturedfoodlife-20](https://www.amazon.com/sous-vide-container/dp/B08F9QQZXK?tag=culturedfoodlife-20) and

<https://www.amazon.com/sous-vide-container/dp/B08F9QQZXK?tag=culturedfoodlife-20>

L. Reuteri Probiotic Yogurt Directions:

Ingredients:

- 1 quart Half and Half Ultra-Pasteurized – or Ultra-Pasteurized whole milk for a semi-firm result or a combination of the two.
- 1 package L Reuteri starter: <https://www.sagewomanherbs.com/lr-superfood-starter.html> (or 2 Tablespoons from a previous batch of **L. Reuteri Probiotic Yogurt** that you made)
- 2 tablespoons Prebio plus: <https://www.sagewomanherbs.com/prebio-plus.html> or Eco Bloom prebiotic fiber powder: <https://www.sagewomanherbs.com/body-ecology-ecobloom.html>

Directions:

In a medium sized bowl, open the probiotic capsules and combine with the Eco Bloom prebiotic and 2 tablespoons of your chosen milk. Whisk well to remove clumps. Stir in remaining ½ and ½ or milk combination and whisk again. Place in fermenting vessel and ferment at 100 degrees F for 36 hours. NOTE: if, before 36 hours are up, the yogurt starts to separate into yogurt and whey on the bottom more than 1 inch, stop the fermentation and refrigerate.

Once done, remove from fermenting vessel immediately and refrigerate.

Note: sometimes the first batch over-ferments. Do not worry! Just reserve 2 Tablespoons from this first batch to make the next batch.

The next batches will be made exactly the same as the first batch but you will use 2 Tablespoons from a previous batch of **L. Reuteri Probiotic Yogurt** instead of a new packet of L- Reuteri Superfood Yogurt Starter.