

Conscious Completion L. Reuteri Yogurt:

Using an Excalibur is my choice for this yogurt because it uses a constant flow of air to maintain a very specific temperature, which is much more reliable than the "heating plate" at the bottom of an Instant Pot for example. Plus, only certain Instant Pots can keep the right temperature and 36 hours.

Since the Excalibur is designed to hold a steady temp for days, it's perfect for a 36-hour ferment. Here is exactly how to set it up:

1. The Setup (The "Jar Method")

You won't be using a large open bowl; you'll want to use glass mason jars (pints or quarts) with the lids screwed on **fingertip tight**.

- **Remove the Trays:** You will likely need to remove all but the bottom tray (or remove them all entirely) to make enough vertical space for the jars to stand upright.
- **Placement:** Place the jars in the center of the dehydrator. Do not crowd them; allow the air to circulate around each jar.

2. The Temperature Setting

The dial on the Excalibur is mechanical, so it can be a little "approximate."

- **Set the Dial:** Set it exactly to **100°F**.
- **The "Live" Test:** Since accuracy is critical for *L. reuteri* (which can die if it hits 110°F), I highly recommend putting a **separate digital thermometer** or a kitchen thermometer inside the unit next to your jars for the first hour.
- **Adjust:** If the internal air temperature is hovering at 95°F, nudge the dial up a hair. If it's hitting 105°F, nudge it down. Once it stabilizes at 100°F, you can leave it for the full 36 hours.

3. Maintaining Humidity

Because dehydrators are designed to *remove* moisture, you want to make sure your yogurt doesn't dry out or form a "skin" on top.

- **Lids are Key:** Ensure your mason jar lids are on. They don't need to be vacuum-sealed, but they should be closed enough to keep the moisture inside the jar.
- **Water Tray (Optional):** If you are worried about the environment being too dry, you can place a small ramekin of water on the floor of the dehydrator to keep the internal air slightly humid.

4. The 36-Hour Timeline

- **Start Time:** Note the exact time you put them in. Unlike the Instant Pot, the Excalibur doesn't usually have a 36-hour auto-shutoff (most go to 26 or 48 hours, or stay on indefinitely).
- **Don't Peek:** Every time you open the door, you lose that precise 100°F environment. Try to leave it closed for the duration.

Making *L. reuteri* "yogurt" is technically a long-form fermentation rather than traditional yogurt-making. Because you are fermenting for 36 hours, the bacteria count explodes (often to over 200 billion per half-cup), but you have to be much more sterile than usual to prevent "bad" bacteria from growing alongside it.

Since you are using your **Excalibur**, you have the best tool for the job. Here is the optimized protocol:

1. The Ingredients

To get the therapeutic "super-strain" results, you need three specific components:

- **The Starter:** 10 tablets of *Gastrus* (crushed into a fine powder) **OR** 2 tablespoons of a previous batch of *L. reuteri* yogurt. **OR** Lactobacillus Reuteri Probiotic Powder 75 Billion cfu's |L. Reuteri | 30 Grams (1.05 OZ). For a 75 Billion CFU powder, you are dealing with a very high concentration. Because this is a "pure" powder without additives, a little goes a long way. To hit the "sweet spot" for a 1-quart (1-liter) batch of half-and-half, you should use: **1/4 teaspoon** of the 75 Billion CFU powder. The original "Dr. Davis" protocol using 10 tablets creates a starter of about **2 Billion CFU**. **1/4 teaspoon** of your 75 Billion CFU powder (assuming the 30g jar has roughly 60–80 quarter-teaspoons) will give you approximately **15–20 Billion CFU**. This is the "ideal" starting point. It's strong enough to ensure the *L. reuteri* dominates the batch, but not so "overcrowded" that the bacteria run out of food (Inulin) and die off before the 36 hours are up. **The "Wake Up" Step:** Pure, additive-free powders are often freeze-dried and "sleepy." To get the best results, mix your **1/4 tsp powder** with your **2 tbsp Inulin** and a tiny bit of lukewarm (not hot!) half-and-half first. Let that "slurry" sit for 5 minutes on the counter before mixing it into the rest of the cold quart. This "wakes up" the bacteria. **Texture Expectation:** Because this powder has no fillers or thickeners, your first batch will rely entirely on the fat in the half-and-half for thickness. If it's a little thin after 36 hours, don't worry—the "second generation" (using 2 tbsp of this batch to start the next) will be thick like Greek yogurt.

- **Storage:** Since this is a pure probiotic with no additives, **keep the jar in the freezer** or the very back of the fridge. Every time you open it, moisture gets in, which can degrade the 75 Billion CFU count over time.
 - **The Liquid:** 1 quart (approx. 1 liter) of **Half-and-Half**. If that does not test well there is Native Forest Organic Unsweetened Coconut Milk - Canned Coconut Milk, No Guar Gum, Non-GMO Project Verified, USDA Organic which you may have to add some gelatin to for thickness (check out Youtube). *Why?* *L. reuteri* loves fat. Using 2% or Skim milk often results in a watery mess (whey separation). Half-and-half produces a thick, custard-like texture.
 - *Pro-Tip:* Try to find "Ultra-Pasteurized" half-and-half. It has already been heated to kill competing bacteria, so you don't have to boil and cool the milk yourself.
- **The Prebiotic "Food":** 2 tablespoons of **Inulin powder** or **Unmodified Potato Starch**.
 - *Why?* The bacteria need fiber to eat during those 36 hours. Without it, they won't multiply effectively.

2. The Step-by-Step Recipe

1. **Sanitize Everything:** This is the most important step. Scald your mason jars and stirring spoons with boiling water. 36 hours at 100°F is the "Goldilocks zone" for mold if your jars aren't pristine.
2. **Mix the "Slurry":** In a small bowl, mix your crushed tablets (or starter yogurt) with 2 tablespoons of Inulin. Add a few tablespoons of the half-and-half and stir until it's a smooth, clump-free paste.
3. **Combine:** Slowly pour the rest of the quart of half-and-half into the paste, stirring gently. Do not whip it; you don't want excess air bubbles.
4. **Jar it up:** Pour the mixture into your sanitized glass jars. Leave about an inch of headspace at the top.
5. **The Excalibur Phase:**
 - Place jars in the dehydrator (trays removed).
 - Set the dial to **100°F**.
 - Check with an external thermometer after 1 hour to ensure it's not creeping toward 105°F.

- **Wait 36 hours.**
6. **The Chill:** When the timer is up, the yogurt might look a little separated or have a thin layer of yellow liquid (whey) on top. **Do not stir it yet.** Put it straight into the fridge for at least 6 hours. It firms up significantly as it cools.

3. Professional Tips for Success

- **The "First Batch" Rule:** Your very first batch made from tablets might be a bit runny or even slightly separated. This is normal! The "second generation" (using 2 tbsp of your first batch as the starter) is usually much thicker and creamier.
- **Avoid "Gums":** Check the label on your half-and-half. Try to avoid brands with "Carrageenan" or "Guar Gum," as these can sometimes interfere with the fermentation or cause bloating.
- **Pink or Fuzzy? Toss it.** If you see pink/orange discoloration or fuzzy mold on top, the batch was contaminated. This is rare if you sanitize well, but safety first!
- **Save your Starter:** Before you eat the whole jar, scoop out 2 tablespoons and put them in a small, clean jar in the back of the fridge. That is your "seed" for the next batch.

Adiponexin L Reuteri Body Composition Formula capsules option:

For the **Adiponexin L. Reuteri Body Composition Formula**, you have a much higher concentration of bacteria per capsule compared to the standard BioGaia tablets.

The Ratio

You only need **2 capsules** for a 1-quart (1-liter) batch of half-and-half.

Why only two?

- **CFU Count:** Standard BioGaia Gastrus tablets (the original protocol) contain about 200 million CFU per tablet. 10 tablets = **2 Billion CFU**.
- **Adiponexin Strength:** This formula contains **40 Billion CFU** per 4-capsule serving, which means each single capsule has **10 Billion CFU**.
- Using 2 capsules gives you **20 Billion CFU** to start—which is actually 10 times more than the original tablet protocol. Using more than 2 is unnecessary and might make the ferment happen too aggressively, leading to more separation (whey).

How to use the capsules:

1. **Open the Capsules:** Do not drop the whole capsule into the milk. Pull the two halves of the capsule apart and tap the powder into your mixing bowl.
2. **The "Marine Protein" Note:** You may notice the powder has a slightly different smell or color than pure probiotic powder because Adiponexin contains **Hydrolyzed Marine Protein** and **Astaxanthin** (a reddish antioxidant).
 - **Note: Your yogurt might have a very slight pinkish/orange tint** or a unique scent compared to other batches. Don't be alarmed; **this is just the Astaxanthin and protein.**
3. **Mix the Slurry:** Mix the capsule powder with your **2 tablespoons of Inulin** and a small splash of half-and-half to make a paste before adding the rest of the quart.

I recommend getting good quality Organic Inulin Powder from NOW Foods. See the link on my website to get 10% off your order. You can also order the Adiponexin L Reuteri Body Composition Formula capsules if you wish to use this option and get 10% off.

Enjoy your yogurt and the dedication and love you invested in it!!!