LAMISOLACTOBACILLUS REUTERI - " *L. reuteri* "
-- made at home the easy way --

REQUIRES A YOGURT MACHINE & 3 FRESH INGREDIENTS:

1. **1qt UHT (ultra pasteurized) half 'n half milk.**
2. **2 heaping Tbsp inulin powder.**
3. **Buy L reuteri start powder online "OR" much better, borrow 2T (heaping) Lamisolactobacillus reuteri culture from a trusted friend's kitchen.**

INSTRUCTIONS:

1. **Add the quart of half 'n half milk to the yogurt making machine.**
2. **Bring the milk temperature to near 100°.**
3. **While the milk warms: mix the inulin & L reuteri together & let warm to room temp.**
4. **Thoroughly stir (gentle whisk) in the inulin/reuteri mix into the 100° half 'n half.**
5. **Culture at 100° for 36 hours in the yogurt maker. (All pressure settings should be off.)**

The temperature should remain somewhere between 99 & 101.5° but ideally at 100°.

6. **Refrigerate your new culture. (Save enough finished culture from this batch as a starter for the next batch. Culture provides a better outcome than powder.)**

FOR FUTURE L. reuteri BATCHES: use 2 heaping Tbsp inulin & 2 heaping Tbsp of your new L reuteri start – for each quart of milk used to make each new batch.

FOR MAXIMUM HEALTH BENEFITS: ideally ½ cup of L. reuteri culture is eaten daily, all at once, on an empty stomach. By eating the culture all at the same time on an empty stomach, the maximum number of live lactobacillus organisms will survive to colonize the small intestines.

The best online medical guide we found for culturing & use of L reuteri was:
www.drdavisinfinitehealth.com/2019/07/how-to-make-l-reuteri-yogurt-step-by-step/