

# Homemade Oat Milk L. Reuteri Yogurt

This is a fabulous way to make a non-dairy L. reuteri yogurt. It has a wonderful flavor and is a little lumpy, but boy is it good. In this recipe, you make your own oat milk which is super easy, and I show you how. It's the best way to make non-dairy yogurt without all the additives in store-bought non-dairy milk. You only need a nut bag and a blender to make your own nut milk, and in less than a minute you have your own nut milk to make a really thick and creamy oat milk yogurt.

Oat milk has a lot of resistant starch which feeds your good bacteria in a powerful way. You won't need as much Prebio Plus since oats have a ton of resistant starch (which is a big prebiotic) when you cook and cool it. Remember, resistant starch resists digestion so it feeds your microbes and not you. It is also low in calories and makes your gut so very happy!

**See this important info about the equipment needed.**

## Equipment

- 1 High-speed Blender
- 1 Nut bag or butter muslin or cheese cloth
- 1 sauce pan
- 1 Yogurt Maker The yogurt maker must be able to go to 100°F and maintain this temperature for 36 hours. **Check out the equipment we recommend.**

## Ingredients

- 1-¼ cups rolled oats don't use quick oats
- 4 cups water
- 1 teaspoon Vanilla optional
- 1 sachet LR Superfood Starter
- ½ tablespoon Prebio Plus or Inulin

## Instructions

1. Add oats, vanilla, and water into a high-speed blender and blend for 30 seconds on high.
2. Place a nut milk bag into a large bowl or the saucepan you will use, or use a piece of muslin cloth over a sieve. Pour the oat milk into the nut milk bag (or muslin cloth).
3. Gather the edges of the nut bag (or muslin cloth), and squeeze out the milk until only the oat pulp remains. Discard the oats, or you can use the oats in another recipe.
4. Place the oat milk into a saucepan and heat gently over medium-low heat. Stir continuously with a whisk as it heats. Oat milk will become lumpy as it cooks. If lumps form, whisk continuously to keep it smooth.

5. Bring the milk to a gentle simmer and continue to stir until it thickens. This should take a few minutes.
6. Remove from the heat and cool to 100°F. Pour the warm oat milk into a sterile yogurt-making jar. Then add the Prebio Plus, and sachet of LR Superfood Starter. Mix with a whisk to combine.
7. Put the lid loosely on the yogurt jar and add water to the base of the appliance to distribute the heat evenly. Set the temperature on the yogurt maker to 100°F. Set the timer for 36 hours.
8. When the fermentation is complete, place the yogurt (with the lid) in the fridge to cool and set. If you like a less lumpy yogurt, you can use a whisk and stir until more uniform in texture.

## Reculturing

1. **To Reculture:** To make a new batch, repeat these instructions, but use 2 tablespoons of a previous batch of your Oat Milk Yogurt as your starter. You should also use **two tablespoons** of Prebio Plus when reculturing.



# L. Reuteri Superfood Yogurt

LR Superfood Yogurt is cultured dairy, made with completely different strains of bacteria than conventional yogurt. These beneficial bacteria - *Lactobacillus reuteri* - impart significantly higher benefits and far higher probiotics compared to conventional yogurts.

This yogurt is thicker than Greek yogurt and is one of the best-tasting yogurts I've ever had. You will love this yogurt just for the taste and texture alone, but check out all the other benefits too.

**IMPORTANT! When you make your first batch please use Ultra-Pasteurized milk. Most organic milk is ultra-pasteurized. You can also heat the milk to 195°F / 90°C and hold it there for 10 minutes if you can't find UHT milk. Then cool it down in the fridge or freezer till it gets back down to 100°F before adding the starter.**

This denatures most of the lactoglobulin protein in milk and allows it to join in the mesh of other proteins (instead of remaining inactive) and increases the amount of protein in the milk that will thicken the yogurt. If you use ultra-pasteurized milk then it has already been heated and held at a high temperature so you don't need to heat it. Without this, the yogurt can separate into whey and curds.

The health benefits are many and *L. reuteri* has been helpful in treating SIBO and SIFO, Candida, Colic in infants, *H pylori*, and is also known for increasing oxytocin known as the love hormone!

LR Superfood's fermentation process is different from that of conventional yogurts: LR Superfood is fermented for 36 hours at a lower temperature than conventional yogurts and requires the addition of 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.

This process generates very high probiotic bacterial counts, far higher than store-bought yogurts or even homemade ones.

Our unique LR Superfood starter culture provides a high concentration of the exceptional microorganism *Lactobacillus reuteri*.

Restoring *L. reuteri* into your gastrointestinal tract is among the most powerful strategies you can apply for health, both physical and emotional.

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.

And there's a bonus, too! Once you've made a batch of LR Superfood, you can use some of it to culture your next batch!

Cook Time  
1 d 12 hrs

## Equipment

- Luvele Yogurt Maker or
- Digital Yogurt Maker or
- Instant Pot (Must be able to manually set the temperature to 100°F) or
- Sous Vide Precision Cooker (You'll also need a container.) Here is the one I use:
- Sous Vide Container

## Ingredients

- 1 quart Half and Half **Ultra-Pasteurized** or **Ultra-Pasteurized** whole milk for a semi-firm result or a combination of the two. See our FAQ page for more info: L.Reuteri Yogurt FAQ's
- 1 package L. Reuteri Superfood Yogurt Starter
- 2 tablespoons Prebio Plus

## Instructions

### Before you begin

1. This recipe takes exactly 36 hours to ferment, so it's best to start either early morning or later in the evening. Otherwise, if you start at 3 in the afternoon, for example, you'll be having to get up 36 hours later at 3 am.
2. Make sure the equipment you're using is able to maintain exactly 100°F for 36 hours.
3. Make sure you're using Ultra Pasturized milk or you can also heat the milk to 195°F / 90°C and hold it there for 10 minutes if you can't find UHT milk. Then cool it down in the fridge or freezer till it gets back down to 100°F before adding the starter.
4. Check out the Frequently Asked Questions about this starter.

### Let's begin!

1. In a glass/ceramic bowl or a glass jar, mix 2 tablespoons of Prebio Plus with the contents of 1 sachet of LR Superfood Starter.
2. Stir in 5-6 tablespoons of milk. Mix well with a whisk to avoid clumping. Do not blend. The result should resemble a slurry.
3. Stir in the remainder of the milk. Mix well with a whisk for even distribution. Do not blend.
4. Place in jars and cover lightly with plastic wrap or loose-fitting lids. Don't remove the lids during fermentation to avoid getting a discoloring of yellow or pink on the top of the yogurt. This is a harmless yeast that might affect the taste, so scrape it off the top of the yogurt before consuming it.
5. Place in a yogurt maker or appliance that ferments at a constant 100°F for 36 hours, away from the airflow of air vents/heaters/air conditioning, etc. Do not stir while fermenting.

6. When done, remove jars from the appliance, keep the lids **loosely** on jars, and refrigerate. If you tighten your lids while the yogurt is still warm, it may build up pressure and cause your glass jars to break. Once the yogurt has chilled in the fridge, then you can tighten the lids.
7. This will keep in the fridge for up to 4 weeks.

## Reculturing

1. **To Reculture:** To make a new batch, repeat these instructions, but use 2 tablespoons of a previous batch of your cultured dairy as your starter. If your first batch is separated into whey and curds, then you can use 1 tablespoon of the whey and 1 tablespoon of the curds to make a new batch that should have little or no separation. You should also use **two tablespoons** of Prebio Plus when reculturing.

## Notes

You can also make this in a sous vide and it works too, especially if you want to make bigger batches. I love using mine but I like the yogurt maker too!