

SIBO Yogurt Recipe

Do it yourself



Ingredients for 1 portion (approx. 1 l)

Required utensils

- 1-liter mason jar or yogurt maker
- Whisk or spoon
- Clean pot
- Thermometer
- Clean cotton cloth or breathable lid

All utensils should be thoroughly sterilized with hot water or by boiling to avoid unwanted bacterial contamination.

Ingredients

- 1 liter full-fat milk (preferably UHT milk or pasteurized milk)
- Starter Kit Yoghurt (e.g. Lactobacillus Gasseri in combination with Lactobacillus reuterii (e.g. via: <https://www.culturedfoodlife.com/store/product/l-reuteri-superfood-yogurt-starter/> and <https://www.culturedfoodlife.com/store/product/l-gasseri-superfood-starter/>)
- 1 tsp inulin or glucose (optional, as food for the bacteria in the first batch)

For reliable results, please use starter kits with active / living cultures.



Preparation

Yogurt

- 1 Prepare the milk:** Heat milk in a pot to about 85 °C (just before boiling), then let it cool down to 40–43 °C.
- 2 Add starter cultures:** Stir the contents of the probiotic capsules (*Lactobacillus gasseri* & *L. reuteri*) into the cooled milk. Optionally, add inulin or some glucose as food for the bacteria. Mix well.
- 3 Ferment:** Pour the mixture into a sterilized mason jar or yogurt maker. Close up with clean cotton cloth or breathable lid. Ferment at a constant temperature of 36–38 °C for 24 to 36 hours. The longer the fermentation, the stronger the probiotic effect and the lower the lactose content.
- 4 Finish fermentation and cool:** At the end of fermentation, the yogurt should be thick and slightly tangy.
Let it mature in the refrigerator for at least 4 hours. It's then ready to eat.
- 5 Reuse (Reculturing):** You can use 2–3 tablespoons of the finished yogurt as a starter for a new batch (max. 3–4 generations).
After that, it's recommended to start again with fresh capsules.

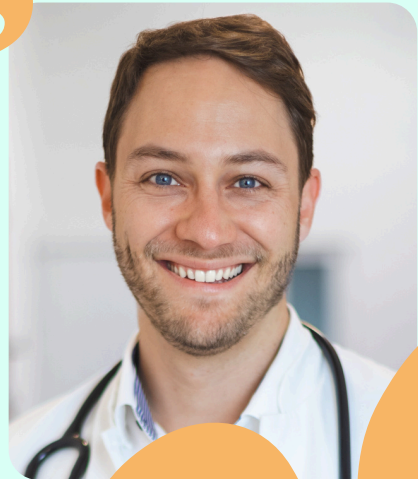
Tips

A yogurt maker helps maintain a consistent temperature.
If you are intolerant to cow's milk, you can also use pasteurized goat's milk.
It's advisable to consult with a doctor or nutritionist.

Enjoy and treat your gut right!

- You're looking for an **online course on SIBO**? Then feel free to visit us at ...
www.sibo-academy.de
- **On our Blog ([Click here!](#))** there are many exciting articles about Small Intestinal Bacterial Overgrowth (SIBO)

*The more people know about SIBO, the more we can help them regain a **better gut feeling**.*



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