

Making *L. Reuteri* Culture At Home

Purchase supplies here: [Sourcing The Right Ingredients & Supplies](#)

1. Wash your hands, dishes and utensils in hot water and soap. Rinse thoroughly to remove all soap. Air dry. **Note:** Do not use dish rags, sponges, or anything except your hands or you may contaminate your culture.
2. In the 2-quart glass measuring cup, combine 2 TBSP of organic inulin powder and your *L. Reuteri* starter (1 packet of starter if this is your first batch **OR** 2 TBSP of previous culture for future batches).
3. Add 1-2 TBSP of half and half and stir mixture into a smooth paste.
4. Once the paste is smooth, add half and half to the 1-1/2 quart line or slightly above the line and stir thoroughly.
5. Pour mixture into the yogurt containers that came with your yogurt maker.
6. Put lids on the yogurt containers and move containers to the yogurt maker.
7. Add warm water to the yogurt maker until the water is the same level as the culture in the yogurt containers.
8. Put the lid on the yogurt maker.
9. Press the **Temp/Time** button. Press the + or – buttons to **99** degrees.
10. Press the **Start/Reset** button. Press the + or – buttons to **36** hours.
11. Set an alarm for 36 hours from the time you started the yogurt maker.
12. When 36 hours have passed, move containers from yogurt maker to fridge and leave in the fridge for at least 2 hours to help the culture finish setting up.

Important Things To Remember

- ✓ If this is your first batch, your culture will likely be curds and whey, like a sour cottage cheese. You can eat it or you can freeze it for future starters.
- ✓ If this is made from your last batch, your culture should be thick and creamy, much like a rich Greek yogurt.
- ✓ If your culture has colorful or black spots on the top, this is caused by fungus in the air. Just scrape the top layer off and the rest is fine.
- ✓ If your culture looks weird and smells awful, throw it away and start over.
- ✓ When cultured this way, every ½ cup contains about 300 billion live *L. Reuteri*.
- ✓ **People:** Eat ½ cup/day for at least a month, then ½ cup 3-4 x/week after that.
- ✓ **Dogs & Cats:** 1TBSP/day per 10lbs or ½ cup/day for 80lbs or above.