How to make yogurt (fermented dairy) using an L. reuteri starter and the Ultimate Yogurt Maker, as recommended by Your Wisdom4Youth™ Bioenergetic Health Plan 2.

L. reuteri starter-to-inulin ratios for 1 quart of yogurt:

Starter option	Starter amount	Inulin	Dairy
MyReuteri, first batch	1 capsule	1 tablespoon	1 quart half-and-half
BioGaia Gastrus, first batch	10 crushed tablets	1 tablespoon	1 quart half-and-half
Previous successful batch	2 tablespoons yogurt or whey	1 tablespoon	1 quart half-and-half

The amounts suggested come directly from Dr. William Davis's recipe. The described fermentation is at approximately 96 to100°F for 36 hours.

For subsequent batches made entirely from yogurt or whey, the suggested volume ratio is:

2 tablespoons starter + 1 tablespoon inulin + 1 quart dairy.

Also, "one capsule" is specific to the "named" starter and may not be interchangeable with other L. reuteri supplements. For example, the written recipe calls for one MyReuteri capsule, compared with ten BioGaia Gastrus tablets.

Instructions for making the yogurt:

1. Begin with two clean, 1-quart glass containers.
2. For each glass container, take one "MyReuteri" capsule, open it, and transfer the powder from the capsule into the container.
3. Add one scoop of organic inulin to each glass container.
4. Pour 3 to four ounces of half-and-half into the glass container and stir until the inulin and L. reuteri powders are well mixed and free of clumps.
5. Then fill each glass container with organic half-and-half cream to about three-quarters full and cover them with the lids.
6. Place both glass containers in the yogurt maker and fill the yogurt maker with water until 3 quarters full.
7. Follow the yogurt maker's instructions to set the time to 36 hours and the temperature to 96 degrees to make the yogurt.