L. REUTERI YOGURT —

DAIRY & DAIRY-FREE *(TRADITIONAL STOVETOP METHOD)*

This L. reuteri yogurt is for anyone who wants to support their gut through food, not just capsules. It's especially loved by those dealing with digestion, immunity, skin, or hormone-related imbalances, or anyone simply looking to build a stronger, more resilient microbiome. This recipe is adapted from Dr. William Davis' work in *Super Gut*, with practical tweaks to fit a traditional, at-home kitchen setup.

This yogurt uses the two *L. reuteri* strains **DSM 17938** and **ATCC PTA 6475**. Dr. William Davis' work shows that fermenting these strains into yogurt allows them to multiply far beyond what you'd get from a capsule, turning this into a truly living, food-based way to support your microbiome.

This recipe is especially known for its association with **upper digestive tract and small-intestine microbial balance.** Unlike most yogurts that primarily influence the colon, this approach is often discussed in the context of delivering *L. reuteri* higher up in the digestive system, which is why it's commonly linked to conversations around SIBO-related patterns, bloating, reflux-type symptoms, and post-antibiotic gut rebuilding.

Together, these strains have been studied for supporting digestion, gut lining integrity, and immune balance, while also being linked to skin and oral health, bone and hormone support, and reduced inflammatory signaling. There's also growing research around their role in metabolic health, the gut–brain connection, and healthy aging pathways, including inflammation, skin resilience, and overall microbial diversity over time.

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Dairy Version (Traditional Pot + Blankets Method)

Ingredients

- **950 mL milk** (raw A2, full-fat, or pasteurized — full-fat recommended for a creamier texture)

Prebiotic (choose one):

- Potato starch — **¾ teaspoon** (for creamier, thicker texture)
- OR Inulin — **2 tablespoons** (does not thicken, feeds the culture)

Starter:

- **First batch:** 10 BioGaia Gastrus tablets (DSM 17938 + ATCC PTA 6475), finely crushed
- **Re-cultured batch:** 3 tablespoons L. reuteri yogurt from a previous batch

Instructions

1. **Heat the milk**

Pour the milk into a pot and heat slowly to **82–90°C (180–194°F).** Hold at this temperature for **10 minutes** to improve thickness and stability.

2. **Cool the milk**

Remove from heat and allow the milk to cool to **38–41°C (100–105°F).** This should feel warm but comfortable to the touch, similar to testing a baby bottle. You should be able to comfortably hold your pinkie in the milk for **10 seconds.**

3. **Prepare the starter slurry**

In a small bowl, mix the chosen prebiotic (potato starch or inulin) with **2–3 tablespoons of warm milk** until smooth. Once the slurry and pot are both baby-warm (38–41°C), add the crushed BioGaia tablets (or your saved yogurt starter) and stir well.

4. **Combine**

Gently stir the starter mixture back into the pot of cooled milk.

5. **Ferment**

Cover the pot with a lid. Wrap the entire pot in thick blankets or towels and place it in a warm, draft-free area. Let ferment undisturbed for **36 hours.**

6. **Chill and set**

After fermentation, gently stir once and refrigerate for **6–8 hours** to allow the yogurt to fully set.

7. **Save your starter**

Reserve **3 tablespoons** of this batch to use as the starter for your next batch. You can typically re-culture for **4–5 generations** before starting again with fresh tablets.

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Dairy-Free Version (Coconut Milk)

Ingredients

- **400 mL full-fat canned coconut milk** (no gums or emulsifiers; shake well)
- **¾ teaspoon guar gum** (for stability and thickness)
- **2 tablespoons sugar** (feeds the culture; very little remains after fermentation)
- **1 tablespoon raw potato starch** (prebiotic + body)

Starter:

- **First batch:** 10 BioGaia Gastrus tablets, finely crushed
- **Re-cultured batch:** 1–2 tablespoons finished L. reuteri coconut yogurt

Instructions

1. **Heat the coconut milk**

Pour the coconut milk into a pot and heat gently to 82°C (180°F) or until it just begins to steam. Do not boil. Remove from heat and let sit for 5 minutes.

2. **Cool slightly**

Allow the coconut milk to cool to warm but not hot (below 43°C / 110°F).

3. **Blend the thickeners and prebiotics**

In a small bowl or blender cup, combine the guar gum, sugar, and potato starch with a few tablespoons of the warm coconut milk. Whisk or blend vigorously for at least 1 minute until smooth and thickened to a cream-like consistency.

4. **Cool to culture temperature**

Let the mixture cool to 38–41°C (100–105°F).

5. **Add the starter**

Stir in the crushed BioGaia tablets or saved coconut yogurt gently and evenly.

6. **Ferment**

Cover the pot with a lid. Wrap the entire pot in thick blankets or towels and place it in a warm, draft-free area. Let ferment undisturbed for 36–48 hours (48 hours for a thicker, richer result).

7. **Chill and set**

Refrigerate for 6–8 hours. Coconut yogurt will continue to thicken as it cools.

8. **Save your starter**

Reserve 1–2 tablespoons to use as the starter for your next batch. You can typically re-culture for 3–4 generations before starting again with fresh tablets.

Notes

- *Keep fermentation temperature below **43°C (110°F)** to protect the cultures.*
- *Guar gum helps prevent coconut milk from separating into oil and water.*
- *Sugar is used as fermentation fuel; most is consumed by the microbes during the long ferment.*
- *If separation occurs, gently whisk before chilling.*

*Adapted from Dr. William Davis' book **Super Gut** with traditional, at-home preparation methods.*

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