



# KABA

wellness

## EQUIPMENT

- An oven with an interior light (to hold a temperature at 110° F)
- An instant-read thermometer
- A wide-mouth quart jar with lid

## INGREDIENTS

- Yogurt - A2 plain yogurt or a sachet of purchased yogurt starter (see image)
- Whole (3.25%MF), A2 milk (ideally grass-fed and organic)

## METHOD

- Gently heat the milk on the stove until it reaches 180° F
- Place the pot in a cold water bath and, using a candy thermometer, cool the milk until it reaches 110° F
- Fill a clean quart jar with the yogurt until it is one third full
- Add the cooled milk to the yogurt, and stir contents
- Cap the jar, stand it on a cookie sheet and slide it into the oven close to the oven light
- Leave the oven light on for 24 hours which should keep the yogurt temperature constant at 110° F
- When finished, put the jar into the refrigerator for chilling and storage.



## Homemade Yogurt from Milk

### Homemade Yogurt - a 'Psychobiotic'

Most yogurts on supermarket shelves in North America probably don't have enough beneficial "live" or "active" cultures. In fact, the products sold here have little in common with traditional yogurt live cultures because of FDA-required heat treating. On top of that, commercial yogurts can often be loaded with processed sugars as well as stabilizers and fillers to create custard-like texture in low-fat options.

The good news is, we can get what we need - gut-friendly bacteria for our digestive systems - by making our own yogurt and creating a healthy breeding ground for essential probiotics.

These probiotics are key to balancing bacteria in the gut. Our modern lifestyles with diets of too many processed foods and too few fermented foods, have made our systems woefully out of kilter. An overproliferation of what we nickname "bad bacteria" can cause inflammation, yeast proliferation and add to poor digestion. This long fermented is nicknamed "Psychobiotic" as its influence on the microbiome shifts the state to a more productive environment for making feel good neurotransmitters like dopamine, serotonin and oxytocin.

This yogurt is great for balancing a digestive constitution that leans towards loose stools. It is long fermented, removing most of the lactose and casein, leaving a highly digestible dairy and maintaining the nutritional profile of dairy. It can be made in a variety of ways, to include different bacteria strains.

Homemade yogurt is natural and delicious. It's creamy texture makes it ideal for a sweet treat or a savory accompaniment to a meal.

**Options:** For sweet yogurt add raw honey, wild blueberries (fresh or frozen), and cinnamon. For a savory aioli, add fresh lime, a crushed garlic clove, half a mashed avocado, and sea salt.

**Note about A2 dairy.** This recipe calls for A2 dairy. Dairy gets the label of A1 or A2 depending on the type of protein (typically a strain of casein) it has. Milk common to North America most commonly contains both A1 beta-casein and A2. If you can find it, dairy with only A2 is considered a cleaner choice of protein sources, and much easier to digest. There are a number of producers of A2 milk in Canada - and clearly marked as such. Check your local natural foods store and ask a valued customer support staff to lead you to the A2 dairy section.

There is a recipe for a Yogurt Parfait at the bottom of this page. It can be made with this yogurt in combination with Jody's Healthy Granola [see recipe].



## Yogurt Parfait

### Ingredients:

- Homemade granola (from above)
- 1 tsp hemp hearts
- 1 tsp chia seeds
- ½ cup long fermented yogurt (see recipe)
- Berries
- Cinnamon for sprinkling

### Method

Assemble as you will!