

## Healthy Recipes

### Homemade Yogurt

1 litre            Organic milk  
1 tbsp            HMF probiotic powder or any other probiotic powder of your liking

Bring milk to simmer and remove from heat. Stir often to prevent burning to bottom of pan.

Cover and cool until room temperature has been achieved. **Be sure to allow the temperature to drop below 48` Celsius (120` F) or you may kill the healthful bacteria introduced in the next step.**

Remove ½ cup of cooled milk and mix with 1 tbsp of HMF powder and mix to make a paste.

Mix paste with the remainder of the cooled milk and stir thoroughly.

Pour milk into container, cover and let stand for at least 24 hours. This fermentation process should not be less than 24 hours. Leaving for greater than 24 hours is even better! **It is important to achieve a temperature range of 38-43` C (100-110` F) before proceeding with the fermentation.** Too high temperature will kill the bacterial culture preventing proper conversion of lactose, too low will prevent activation of bacterial enzymes resulting in incomplete digestion of lactose. Temperature regulation can be achieved by using electric heating, crock pot, heating pad or leaving in the oven with light on creates enough warmth to make the yogurt.

Remove from the heating source and refrigerate, ready to be consumed!

This yogurt won't be as thick as the commercial yogurt as most of the lactose will have been digested by the bacterial culture, minimizing further digestion by the intestines.

You have now got a healthy organic source of calcium and lactobacillus acidophilus and bifidus!