



COCONUT YOGHURT – USING STARTER CULTURE

Kultured Wellness starter culture - Cultured ferment.

This gluten and dairy free starter is so easy to use. Just pop it in a glass jar or tub, add coconut cream and leave out to ferment for approx 12hrs.

Method:

1. Add defrosted yoghurt starter culture and 4 x 400ml cans of Ayam coconut cream to a large glass jar/airtight glass container/s, stir with a wooden spoon or stick blender on very low for a very short time to gently combine.
2. Now you have the choice to either remove 1 cup of the well combined mixture now or do it after the fermenting is complete in approx 12hrs. Save this as a starter culture for your next batch of yoghurt.
3. After 12 hours check that there is no detectable sweetness in the yoghurt (the probiotics eat up all the sugar)- it will be quite zingy. It takes a little while to get used to the taste if you aren't used to sour yoghurts.
4. Mix well with either a wooden spoon or stick blender - very low and very short time.
5. If you didn't set aside 1 cup of the mix for your next batch - do so now.
6. Label - 1st batch, 2nd batch etc as you go. You can get 5-7 batches out of the culture.
7. Place in fridge to set.
8. Use instead of sour cream, in curries, with fruit and muesli, on it's own etc.
9. You can add a sweetener like stevia, maple or honey while you get used to the taste if needed.
10. If giving to your kids. Start off with a teaspoon in a smoothie and slowly work your way up.



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About the cultures:

- Have an extremely high potency CFU count. (Yoghurt 41 billion CFU per cup and Kefir 27 billion CFU per cup)
- Are suitable for those on GAPS, Body Ecology, low FODMAP, gluten free, casein free, soy free, grain free, sugar free, paleo, or anti inflammatory diets
- Can be very beneficial for people who are sensitive to traditional fermented foods and who suffer from conditions such as histamine intolerance, SIBO, high inflammation, autoimmune conditions, food sensitivities, autism, ADHD, PDD--NOS and PANDAS
- Are D-Lactate free to benefit people with issues such as MTHFR, liver & detox problems
- Contain high numbers of Bifidobacterium, which are important for leaky gut, immune regulation and digesting plant matter
- Can assist in rebuilding after antibiotic use and diarrhoea, combatting candida and crowding out viruses, weight management and obesity, and regulating histamine and inflammation
- Are fantastic for allergies, eczema and psoriasis, establishing the gut wall and protecting against leaky gut.

With all that in mind - remember these cultures are very powerful and should be introduced and used carefully. You do not need to be eating cups and cups full each day.