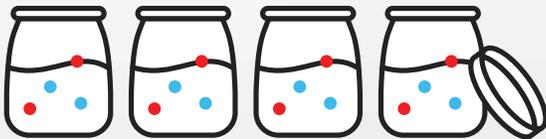




Dr. Berg® THE KNOWLEDGE DOC®

HOW TO MAKE **L. REUTERI** **YOGURT**



Homemade L. reuteri yogurt is a simple, delicious way to support gut health.

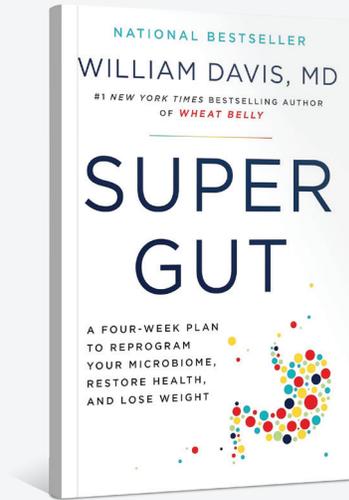
Most people are missing this much-needed probiotic, but with just a few ingredients, you can make a creamy, tangy yogurt packed with billions of live beneficial bacteria.

According to microbial expert Dr. Davis, L. reuteri yogurt is far more potent than store-bought options or probiotic supplements!

The power of L. reuteri

- Supports a balanced gut microbiome and healthy digestion
- Improves skin texture, reduces wrinkles, and enhances skin moisture
- Supports emotional balance and mental clarity
- Promotes faster muscle recovery
- Helps counteract the effects of aging
- Promotes restful sleep and relaxation

Expand your L. reuteri knowledge: Our top picks



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What you'll need

Ingredients:

- 1 capsule L. reuteri probiotics
- 2 Tbsp prebiotic fiber such as inulin
- 1 quart pasteurized, organic half-and-half or whole milk

What we used

MyReuteri Capsules



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KOS Organic Inulin Powder



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Essential equipment

- Yogurt maker with precise temperature control
- Mixing Bowl
- Whisk
- 8 yogurt jars or two 1-quart glass containers

What we used

Ultimate Probiotic Yogurt Maker



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1-quart glass containers



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Yogurt jars



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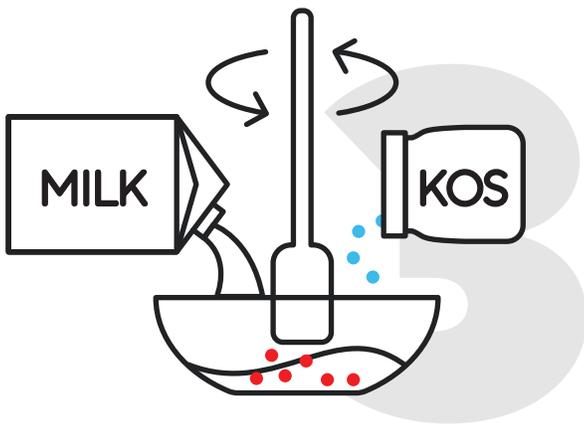
Instructions



Sanitize all jars, lids, and utensils to prevent contamination.



Empty *L. reuteri* capsule into mixing bowl.



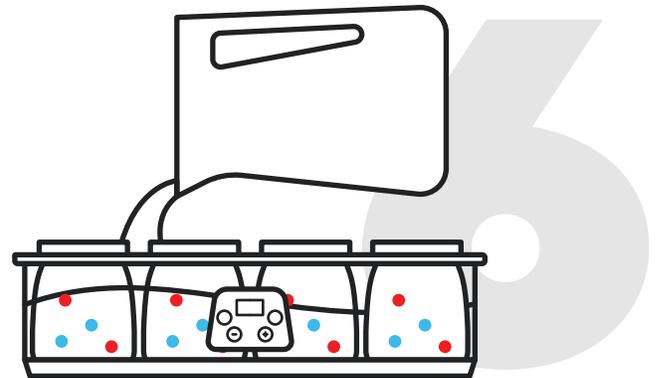
Add prebiotic fiber and a small amount of half-and-half or milk and stir until smooth paste forms.



Add remaining liquid and mix well.



Transfer mixture into yogurt jars or containers and seal with lids.



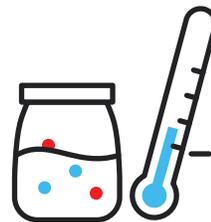
Place jars in yogurt maker and fill the water reservoir to the same level as the yogurt mixture to ensure even temperature distribution.

99 °F
37 °C
36 hrs



Set temperature to 99 degrees F / 37 degrees C and duration to 36 hours.

3-4 hrs



Once fermentation is complete, refrigerate yogurt for a few hours to thicken.

Enjoy your homemade *L. reuteri* yogurt!

Notes

- Half-and-half yields thicker yogurt, while whole milk creates a slightly lighter texture.
- For subsequent batches, you can use two tablespoons of *L. reuteri* yogurt instead of a probiotic capsule as a starter culture.
- Always use pasteurized dairy or unopened plant-based milk, and clean all equipment thoroughly before every batch.

Troubleshooting common issues What you'll need

Issue: Yogurt separates into liquid and solid

The yellow liquid is whey, a natural byproduct of fermentation. Stir it back into the yogurt, or use a yogurt strainer to make Greek yogurt. Separation doesn't affect the probiotic benefits.

Issue: Runny yogurt

This is common with plant-based milk or low-fat dairy. Refrigerate yogurt for a few hours to thicken. Alternatively, use a dairy base with a higher fat content or strain excess liquid.

Issue: Unpleasant smell or taste

A bad odor or taste may indicate contamination with harmful bacteria. Discard the batch and start fresh with unopened milk and sanitized equipment.

Issue: Lack of tanginess

Ferment for at least 36 hours. Higher fat content, especially in coconut milk, can also mask tanginess.

Glossary

- **Fermentation:** Bacterial breakdown of lactose into beneficial nutrients.
- **Inulin:** A prebiotic fiber that feeds probiotic bacteria.
- ***L. reuteri*:** *Lactobacillus reuteri*, a highly beneficial probiotic.
- **Pasteurized:** Heat-treated milk to remove harmful bacteria.
- **Prebiotic:** A type of fiber that nourishes beneficial gut bacteria.
- **Probiotics:** Beneficial microbes that support overall health.
- **Whey:** A protein and nutrient-rich liquid byproduct of fermentation.
- **Yogurt starter:** Live cultures that ferment milk into yogurt.

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