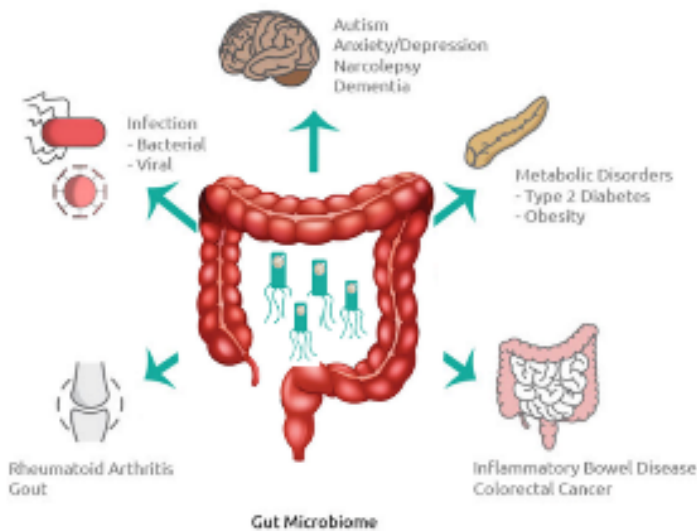


Soy Yogurt For Improving Gut Related Health Problems!

大豆酸奶以改善肠道相关性健康问题!



Soy Yogurt is preferred by some individuals who do not like to drink milk or have lactose intolerance issue. The difference between **Milk Yogurt & Soy Yogurt** is **Milk Yogurt** contains more **Calcium** while **Soy Yogurt** has lesser **Calcium** content. Both **Milk Yogurt & Soy Yogurt** have **Proteins** which is beneficial for promoting growth, boost energy & cell regeneration, etc. Their **Probiotics** content help to neutralize bad bacteria and promote good bacteria in our gastrointestinal tract, as well as boost immune system & prevent external pathogens.

Serving size: 4 persons.

Ingredients

(1) Soy Milk (Unsweetened) – 1 liter.

(2) Greek plain yogurt – 2 tablespoons or 5 capsules of **Live culture Probiotics** of minimum total 12 billion CFUs (Colony-forming unit) & above. Advisable to use **Live culture Probiotics** with many different types of strains as it will help to boost immune system & prevent external pathogens.

(3) Glass jars or bowls (Sizes up to your own choice) – 4-5 nos.

(4) Glass, ceramic or clay pot – 1 no.

Preparation

(1) Pour the **Soy Milk** into a washed pot and heat it on middle flame till it reach **80 Celsius** degrees. Then turn off the flame and let it cool for 20 minutes.

(2) After 20 minutes, the **Soy Milk**'s degree should be around **40 Celsius** degrees. Scoop some lukewarm **Soy Milk** into a soup bowl & add the **Greek yogurt** or uncap the **Probiotics powder** into the lukewarm **Soy Milk** and stir it till the **Greek yogurt or Probiotics powder** is dissolved.

(3) Pour the mixture into Glass jars or bowls and place them into a unoperated oven or microwave oven to incubate for **8-15 hours**, depending on the desired flavor and consistency which the longer incubation periods produces thicker & more tart **Soy Yogurt**. Do not disturb the **Soy Yogurt** during incubation.

(4) After the **8-15 hours**, cover the **Soy Yogurt** with its lids and refrigerate until cold, about 2 to 3 hours. Stir any flavorings into the **Soy Yogurt** just before serving.

(5) Soy Yogurt can be put in covered glass, ceramic, or plastic containers and placed in the refrigerator for up to 2 weeks, but the flavour will be the best during the first week. As **Soy Yogurt** ages, it becomes more tarted. If more whey separates out of the **Soy Yogurt**, just stir it back in before serving. You can keep ½ cup of this **Soy Yogurt** in a closed jar to make your next **Soy Yogurt** and repeat this process for every new batch. For freshness, keep it up to 10 days.

Cooking Tips: Why do we need to heat **Milk Yogurt & Soy Yogurt** before start making

yogurt? The first purpose is to kill off any bacteria, yeast or mold spores that might have fallen into the **Milk Yogurt & Soy Yogurt**. The second purpose to the heating stage is that the most abundant whey protein in **Milk Yogurt & Soy Yogurt**, known as **Lactoglobulin** will fully denatures & unfolds at about **80 Celsius** degrees. This allows those proteins to bind to some of the other proteins in **Milk Yogurt & Soy Yogurt**, called **Caseins** which results in a firmer, thicker yogurt curd.

Note

(1) Suitable for everyone and **especially for those who have bloatedness, constipation, diarrhea, indigestion, etc.**

(2) For those who have **cold body system or sensitive stomach**, to consume in moderation after meals because **Soy Yogurt** has **cool energy** which may aggravate their conditions. **You can neutralize its cool energy with warm foods like Berries, goji berries, red dates, ginger powder, turmeric powder, lemongrass, cinnamon, basil, rosemary, thyme, etc.**

Caution: To consume this recipe at an interval of 1 to 2 hour from medications.