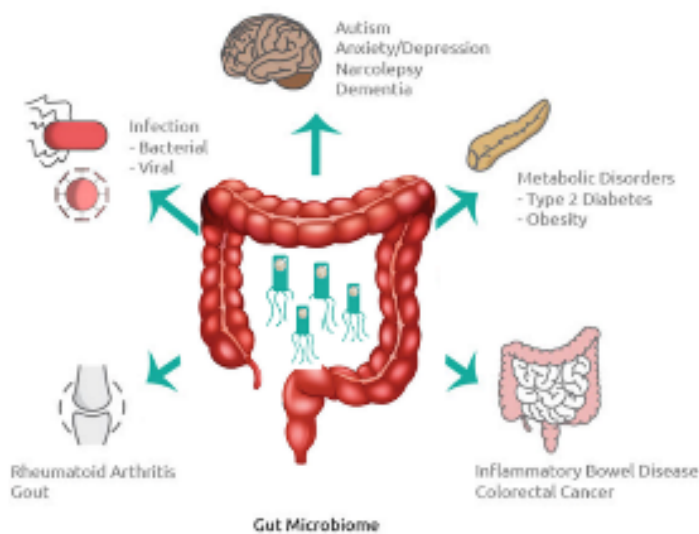


Soy Yogurt For Improving Gut Related Health Problems!

大豆酸奶以改善肠道相关性健康问题！



Soy yogurt is the first choice for some people who don't like milk or are lactose intolerant. The difference between **milk yogurt** and **soy yogurt** is that **milk yogurt** is higher in **calcium** while **soy yogurt** is lower in **calcium**. **Both milk yogurt and soy yogurt** contain **protein** that promotes growth, boosts energy and cell regeneration, and more. Their **probiotic** content helps neutralize harmful bacteria and promote good bacteria in the gastrointestinal tract, as well as boost the immune system and protect against foreign pathogens.

Serving Size : 4 servings.

Ingredients

(1) **Soy milk (unsweetened)** - 1 liter.

(2) **Greek plain yogurt** - 2 tablespoons or 5 capsules of **active cultured probiotics** with a total of at least 12 billion CFU (colony forming units) and above. **Active probiotics** are recommended with many different types of strains, as this will help boost the immune system and protect against foreign pathogens.

(3) **Glass jars or bowls (size of your choice)** - 4-5 pcs.

(4) **Glass, ceramic or casserole** - 1 pc.

way to prepare

(1) Pour **soy milk** into a clean pot, heat to **80 degrees Celsius** over medium heat . Then turn off the heat and let it cool for 20 minutes.

(2) After 20 minutes, the **soy milk** should be around **40 degrees Celsius** . Ladle some warm **soy milk** into a soup bowl, then add **Greek yogurt** or pour **probiotic powder** into the warm **soy milk** and stir until **the Greek yogurt or probiotic powder** dissolves.

(3) Pour the mixture into a glass jar or bowl and incubate in a non-operated oven or microwave for **8-15 hours** , depending on the desired flavor and consistency, longer incubation times will result in thicker and Sour **soy yogurt** . Do not disturb **soy yogurt** during incubation .

(4) **After 8-15 hours , cover the soy yogurt** with a lid and refrigerate for about 2 to 3 hours. Stir all seasonings into **soy yogurt** before serving .

(5) **Soy** yogurt can be placed in a covered glass, ceramic or plastic container and kept in the refrigerator for 2 weeks, but tastes best in the first week. As **soy yogurt** ages, it becomes more and more sour. If more whey separates from the **soy yogurt** , just stir it back in before serving. **You can make your next soy** yogurt by placing ½ cup of **soy yogurt** in an airtight jar and repeat the process with each new batch. To keep it fresh, keep it for about 10 days.

Cooking Tip : Why do milk and soy yogurts need to be heated before starting to make them? The first is to kill any bacteria, yeast or mold spores that might get into **milk and soy yogurt** . The second purpose of heating is that the most abundant whey protein (also known as **lactoglobulin**) in **milk and soy yogurt** will fully denature and unfold at about **80 degrees Celsius** .

This combines these proteins with other proteins in cow's **milk and soy yogurt** , called **casein** , to produce firmer, thicker yogurt curds.

Precautions

(1) Suitable for everyone, **especially those with bloating, constipation, diarrhea, indigestion, etc.**

(2) For those with **cold constitution or sensitive stomach** , eat in moderation after meals, because **soy yogurt has cooling properties** , which may worsen the condition. **You can neutralize its cooling properties with warm foods like berries, goji berries, dates, ginger powder, turmeric powder, lemongrass, cinnamon, basil, rosemary, thyme, and more.**

Warning : Take this recipe 1 to 2 hours before and after each dose .