



GUT-HEALTHY RECIPES

from Martha Carlin's Kitchen

Grow
your own
goodness!

Sugar Shift® Yogurt

Based Dr. William Davis' recipe in *Super Gut*. Sugar Shift® is a preferred probiotic recommended by Dr. Davis.

1 scoop **Sugar Shift® Starter Culture** or use **Sugar Shift® capsules** (simply open 2-4 capsules into a bowl. It doesn't need to be precise).

1 quart half-and-half or whole cream

In a medium to large bowl, combine the Sugar Shift, and 2 tablespoons of half-and-half. Make a slurry to ensure it does not clump. Mix thoroughly. Stir in the remaining half-and-half. Cover lightly put on your countertop or place in your fermenting device (AKA yogurt machine), and ferment at room temperature or up to 105 degrees F for about 12 - 36 hours. Every batch is different, don't worry if your yogurt takes longer or it's done sooner. Taste along the way and refrigerate when you reach the consistency and flavor you like best. **Happy gut. Happy life!**

With gratitude,

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