

FIELD RECIPE

DAN'S MICROBIOME YOGURT PROTOCOL

Breath, Brain & Biome Edition

Most yogurt is dead before it reaches you. This protocol changes that. Made right, this becomes one of the most powerful tools in your biome reset — breath control, gut restoration, and dairy redemption in one batch.

EQUIPMENT

- › Sous vide cooker
- › Four 1-quart glass jars with lids
- › Instant-read thermometer
- › Greek yogurt strainer
- › Hand mixer (post-strain blending)

INGREDIENTS — 1 GALLON BATCH

- › **1 gallon whole milk**
raw, A2, or pasteurized. Not ultra-pasteurized.
- › **½–1 cup whey**
from previous batch or store-bought
- › **2 tbsp live-culture yogurt**
or powdered / freeze-dried starter
- › **2 tbsp inulin powder**
prebiotic — added at fermentation stage
- › **2 capsules L. reuteri (optional)**
BioGaia Gastrus — add only at 110°F
- › **Green banana flour**
add after straining only — see Step 5
- › **Vanilla extract or powder**
flavoring, post-strain only

STEP-BY-STEP INSTRUCTIONS

01 — SCALD & HOLD THE MILK

- › Pour 1 gallon evenly into four 1-quart glass jars.
- › Place jars in sous vide water bath.
- › Heat to 180°F and hold at 180°F for 30 minutes.
- › This denatures proteins for thick, creamy yogurt — don't skip it.

02 — COOL TO 110°F

- › Move jars to a cold tap water bath to cool faster.
- › Monitor with thermometer — target exactly 110°F.
- › At 110°F, stir into each jar: 1 tbsp yogurt (or 1 tsp starter) + 1 tbsp whey.
- › Add L. reuteri capsule contents now if using.

NOTE:

Temperature matters. Too hot = dead cultures. Too cool = stalled fermentation. 110°F is the target.

03 — FERMENT FOR 14 HOURS

- › Return jars to sous vide bath, now set to 110°F.
- › Ferment undisturbed for 14 hours.
- › Longer ferment = more tang, thicker texture, higher probiotic count.

NOTE:

Inulin added at this stage feeds bacteria as they multiply, increasing final probiotic density.

04 — CHILL & STRAIN

- › Move jars to fridge and cool fully.
- › Transfer to Greek yogurt strainer — 2 quarts at a time.
- › Strain in fridge for 6–12 hours.
- › Save all whey — use in smoothies or as starter for next batch.
- › What remains is thick, dense Greek yogurt.

05 — ADD GREEN BANANA FLOUR, INULIN & VANILLA (POST-STRAIN ONLY)

- › Once 2 quarts have strained, add to the batch:
- › 1 tablespoon green banana flour
- › 1 tablespoon inulin powder
- › Use a hand mixer to blend evenly.
- › Add vanilla extract or powder to taste and stir.
- › Store as your flavored yogurt base — holds up to 2 weeks in fridge.

NOTE:

Add flour AFTER straining only. Green banana flour absorbs liquid — adding it earlier pulls moisture out during fermentation and changes the texture.

06 — CUSTOMIZE PER SERVING

- › Cinnamon to taste
- › Raw honey to taste
- › Pumpkin seeds (optional)
- › Granola (optional)
- › Berries or fresh fruit
- › Stir and let sit 1–2 minutes before eating.

DAILY USE PROTOCOL**SERVING SIZE**

½ cup, 1–2x per day

Consistency over volume.

THE MOVE

Hold 15–30 seconds

Before swallowing, hold in your mouth. You're coating the oral biome directly.

BEST TIMING

After brushing

Before first meal or before bed. Let it land on clean terrain.

WHY EACH INGREDIENT IS HERE**SCALD-AND-HOLD**

Denatures milk proteins for thick texture. Removes pathogens that compete with your cultures.

INULIN POWDER

Prebiotic fiber that feeds beneficial bacteria during fermentation, dramatically increasing probiotic count.

WHEY

Adds live cultures and accelerates fermentation. Every batch gets stronger as you reuse it.

GREEN BANANA FLOUR

Resistant starch that feeds butyrate-producing gut bacteria. Cheap, flavorless, high leverage.

L. REUTERI

Anti-inflammatory strain with documented oral and gut benefits. BioGaia Gastrus is the studied strain.

14-HOUR FERMENT

Standard yogurt ferments 4–6 hours. Fourteen hours maximizes probiotic density — a meaningfully different...

This isn't just yogurt. It's breath control. Gut restoration. Dairy redemption.
Make it right. Make it yourself. Reclaim it on your own terms.