

BRAVO PROBIOTIC PREPARATION KITCHEN SUPPLY LIST

Stainless Steel Pot for boiling milk
Glass bowl to allow Bravo to set up in
Metal whisk for stirring milk
Lightweight aluminum foil

INSTRUCTIONS

Keep all preparation utensils and materials very clean.

Start with 1 liter (32 ounces) of Whole Cow Organic Pasteurized Milk. Raw milk can be used since it has to be boiled anyway.

Do NOT use Ultra Pasteurized (UHT) milk.

Do NOT use rice, soy, almond, or lactose-free milk. Goat's milk CAN be used.

Boil 1 liter of milk, whisking well continuously to keep milk from sticking to bottom of pot until it boils. Milk boils when it blows up to the rim of the pot. Remove the pot from heat immediately. Do not over boil the milk.

Cool the milk to room temperature (68-86°F) without stirring it (simply leave it at room temperature). Remove the thick layer off top and discard it (it is mainly composed of casein). When the milk is cooled transfer into glass bowl.

Gently add 1 glass vial with **White Cap** and 1 glass vial with **Black Cap** and whisk thoroughly until all the clumps have been completely dissolved. Make sure that no clumps are remaining.

Once powders are mixed in, loosely cover the bowl with aluminum foil so that air can pass over the fermenting milk while it is covered.

Set the bowl aside in a draft-free spot where it will not be disturbed and temperature will remain constant. Do not mix or move it. Bravo Probiotic will ferment in 36-48 hours depending on the room temperature. Bravo Probiotic can stay at room temperature for maximum 48 hours. Do not stir the Bravo as it is setting up; the process of stirring will stop the fermentation process.

Once Bravo Probiotic has reached the appropriate thickness of 36-48 hours setting time, mix it well using a spoon. If clumps are present, stir well. You can also strain Bravo Yogurt through a fine mesh colander to remove additional lumps.

Store prepared Bravo Probiotic in the refrigerator.

Bravo probiotic expiration date is 3 weeks after the preparation. Bravo probiotic may not be frozen.

Important: store unopened powders in the refrigerator until use.