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Yoba Probiotic Yoghurt

Instructions for at home preparation

- Take 1 liter of milk, heat up to 85°C and keep for 10 minutes (pasteurization).
- Cool down until 45°C. This is key, because at a higher temperature you will kill the bacteria. Alternatively, heat just below boiling, and cool down until 45°C. Check the temperature with a kitchen thermometer.
- Speed up the cooling down processing by placing the pan with hot milk outside or in cold water.
- Add the 1 gram seed culture to the cooled down milk.
In case you pour the milk in a thermoflask or any other can or bottle, make sure these are 100% clean (e.g. rinsed with boiling water). Do not forget to clean the cover or lid, which could be a source of contaminating microorganisms.
- Keep the milk at 37°C for 12-16 hours.
In case you do not have the opportunity for a temperature controlled environment, as in Africa, pour the milk at 45°C in a thermoflask, add the culture, and close the flask. Keep the flask isolated in a blanket, and incubate for 12-16 hours.
- Check the quality of the yoghurt: smell, thickness, and acidity. In case you want to measure the pH, a good Yoba has a pH below 4.5. A small layer of liquid can lie on top of the yoghurt. This liquid is known as whey. It consists mainly of water, protein, potassium, and calcium. Stirring in the whey through the Yoba adds nutrition to your yogurt and offers a creamier consistency.
- In case you want to use the fresh Yoba yoghurt as starter culture for a next batch of Yoba, add 1-5% (V/V) of the first passage to another volume of pasteurized and cooled down milk. Proceed as described above. Further back slopping is not recommended, because this will result in loss of the probiotic functionality of the Yoba yoghurt
- In case you want to consume the fresh Yoba yoghurt, cool down until 4-8°C and enjoy.

Tips:

- All kinds of milk are suitable for preparation of Yoba. The higher the fat percentage, the more flavor intense the final Yoba.
- A tip that we got from a commercial yoghurt producer is to use 1 liter of UHT treated milk for the first passage.
- In case you prefer a more drink yoghurt format, use a kitchen blender for 30 seconds.
- Depending on personal taste preferences, you can add flavors, colorants, sugar, fruits, muesli, chocolate, or whatever you prefer. We prefer plain and natural!