

Experiment #2. Preparation of Yogurt with Lactobacillus bacterial strain

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In this experiment, we will prepare a required amount of yogurt and use it for therapeutical purposes. With this experiment, we set up a bidirectional communication between the brain and the gastrointestinal tract, the so-called “brain-gut axis.” The brain-gut axis is a complex system, which includes the vagus nerve, which connects the emotional and cognitive areas of the brain with gut functions. To prepare 3,5 l of yogurt we will need:

Equipment:

- A pot;
- A 3-liter jar;
- An electric stove;
- An incubator.

Ingredients:

- Milk - 3,5 l;
- Bacterial colonies in a liquid medium.

1. Pasteurize milk by cooking it in a pot for 15 minutes.
2. Cool it down to room temperature.
3. Add the liquid culture with Lactobacillus spp. bacterial strain to the milk. Mix evenly.
4. Leave the milk in an incubator with 37 degrees Celsius for 2-3 days.
5. Consume yogurt daily for a week, 0,5 liter per day.