

Yogurt

1 SERVING 3 MINUTES



INGREDIENTS

1 cup Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	220	Iron	0mg
Fat	11g	Vitamin D	0IU
Carbs	9g	Folate	0µg
Fiber	0g	Magnesium	0mg
Protein	20g	Zinc	0mg
Vitamin C	0mg		

DIRECTIONS

01 This is a home-made, 24 hour fermented yogurt. Detailed instructions are available in a separate document.

NOTES

RECIPE ID 105

FOLLOW SCD YOGURT INSTRUCTIONS

Be sure to follow instructions for making home-made 24 hour fermented yogurt.

HONEY (SUGGESTED)

Drizzle honey (up to 2 tablespoons).

CINNAMON (OPTION 1)

Sprinkle 1/2 teaspoon then add honey.

TURMERIC (OPTION 2)

Sprinkle 1/4 teaspoon then add honey.

SALT & PEPPER (OPTION 3)

For a change, add salt and pepper to make a salty snack bowl.

ALTERNATIVE MILKS

Non-dairy alternatives can be made with various nut milks. Detailed instructions are available in a separate document.