

## Why EasiYo

### All Yogurt is Good for You ... but Freshly-made Yogurt is Best!

When made correctly and eaten fresh, yogurt offers the wonderful health benefits that led the French to call yogurt, "le lait de la vie eternelle" ...the milk of eternal life.

Yogurt is the result of fermentation of milk by lactic cultures, producing significant increases in available nutrients and large amounts of 'live lactic cultures', resulting in a highest dietary value food.

Scientific studies show that besides providing calcium and protein, yogurt consumption can help increase our physical defence against infectious microbes, and normalise our intestinal flora.

However, to be truly effective, yogurt must contain sufficient numbers of **'live and active' lactic cultures** – and the fresher the yogurt, the higher the population of these. Processed yogurt by its very nature, can never be as fresh as EasiYo, and some store-bought yogurts may not have any live lactic cultures left by the time you consume them.

Lactic bacteria cultures are the GOOD guys, and are NORMAL and NATURAL inhabitants of the human digestive system, where they create a lactic acid environment that bad bugs can't live in. These lactic cultures help keep your insides clean and functioning well.

They also aid in the uptake of nutrients by breaking down calcium, protein, vitamins and mineral into their more absorbable forms.

#### **LIVE cultures are the precious thing!**

The stress of everyday life can deplete these essential lactic bacteria in our guts and one of the best ways of replacing and maintaining them is by consuming FRESH yogurt that is full of these friendly cultures!

#### **They have a limited lifetime ... so yogurt is never better than when it is freshly-made!**

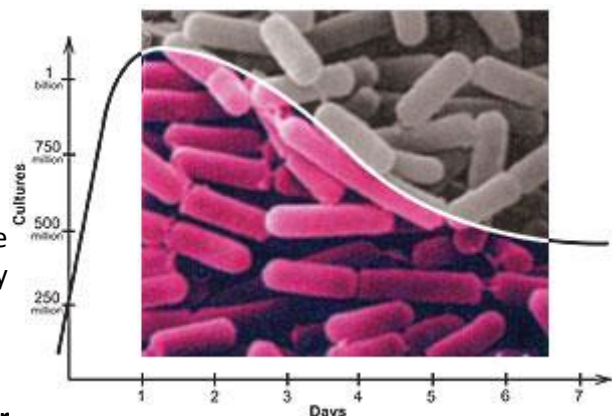
You can't get fresher than EasiYo Yogurt, because you've just made it!

**Yogurt by legal definition should contain a million LIVE lactic cultures in gram. Tests on freshly-made EasiYo yogurt show that it contains BILLIONS.** (AgriQuality Job No.383923)

NB: All EasiYo yogurts are Bio-yogurts, in that they include the probiotic acidophilus. The BioLife Range have additional Probiotic cultures such as bifidus and casei for their added benefits when you need them!



*"The benefits of yogurt cultures depend on them being LIVE. As they have a limited lifetime, of days, freshly-made yogurt is the very best for you."  
(Len Light - EasiYo Inventor)*



## **Making yogurt with EasiYo is as easy as 1–2–3 ... Anyone can do it!**

Now you and your family can have as much fresh yogurt as you like!

No electronics – no mess – no fuss – so simple – so easy!

Here's a few things to ensure your success in making EasiYo Yogurt - anytime, anywhere!

- Ensure the water in the yogurt jar is cold, not warm (cold tap water is fine).
- Once the yogurt powder is mixed in, fill the jar to the brim with more cold water. Put the lid on and re-shake.
- Push the baffle down into the Yogurt Maker as far as it will go. This controls the heat required to activate all the beneficial lactic cultures present in EasiYo.
- Pour boiling water to the line JUST at the top of the baffle (no further) and BEFORE putting the jar in.
- If your EasiYo yogurt does not set within the required time, leave it in the Yogurt Maker until it has set... up to 24 hours will not do any harm. DO NOT ADD more boiling water.
- Too much hot water can destroy the cultures altogether or make the yogurt curdle.  
(Note: Exceptions are when you have an extremely hot or cold climate. When extremely hot, use a little less boiling water in the Yogurt Maker, when extremely cold, add a little more boiling water around the sides of the jar inside the Yogurt Maker.)
- Do not refrigerate yogurt before it has set.
- Clean your Yogurt Maker with a damp cloth - do not immerse it in water.
- Use entire contents of sachet immediately after opening.

### **SOME POINTS TO NOTE :**

- It's important the cold water in the jar is clean drinking water ie. treated water supply, cold-boiled or bottled water.
- In extremely hot climates use a little less (1cm) boiling water inside the Yogurt Maker. In extremely cold climates, or when using chilled water from the fridge, top up with more boiling water around the sides of the yogurt jar inside the Yogurt Maker.
- Always clean the yogurt jar and lid thoroughly between use. Clean the Yogurt Maker with a damp cloth. Do not immerse in water.

## **HARDWARE QUESTIONS**

### **• HOW DOES THE EASIYO YOGURT MAKER MAKE THE YOGURT?**

In order to grow, lactic cultures require heat and a source of milk sugar (lactose) on which to feed. They all have an optimal heat at which to grow (between 40-50°C).

The unique baffle system inside the EasiYo Yogurt Maker produces the controlled heat needed to activate all the LACTIC CULTURES present in the EasiYo Base and Culture Sachets. Our freeze dried cultures reactivate and divide in the perfect conditions in the EASIYO Yogurt Maker.

### **• IS THE EASIYO YOGURT MAKER GUARANTEED?**

YES....It is covered by an unconditional 12-month full replacement guarantee from date of purchase.

### **• ARE THE PLASTIC CONTAINERS SAFE?**

We have always been well aware of the problems encountered with plastics.

As our product yogurt bases are natural products, it is critical that we provide a completely safe system in which to make it.

The plastic we use has a very high softening point (well above boiling point) and has been approved by every country in which it is used, as PASSING ALL THAT COUNTRY'S FOOD GRADE REQUIREMENTS. This includes all the components, even the colour pigments used in all the various parts that make up the Easiyo Yogurt Maker and/or Easiyo Jar.

Also all the Easiyo Yogurt Maker components are POLYCARBONATE FREE and contain NO ENVIRONMENTAL HORMONES.

### **• ARE THERE REPLACEMENT PARTS FOR THE YOGURT MAKER?**

Yes there are. These can be purchased from EASIYO - Address on the back of each sachet

### **• WHAT IF I WANT AN EXTRA JAR?**

These are available in the jars and lunchtakers pack

### **• WHAT IS THE JAR MADE OF?**

The jar is made from a special food quality heat tempered polymer. i.e. it can stand boiling water unlike most plastics. It is completely free of polycarbonate and any environmental hormones

## **YOGURT MAKING QUESTIONS**

### **• WHY MAKE YOUR OWN YOGURT?**

EASIYO is not only the freshest yogurt you can get, with more beneficial LIVE cultures in every spoonful (probiotic cultures that you need for your digestive and immune health), it contains no artificial ingredients and more calcium than store bought yogurt. In fact, it was the HEALTH FOOD Shops that introduced EASIYO to New Zealanders in the first place! It was so popular with people looking for a healthier option, that the supermarkets then took it up nationwide!

### **• WHAT IS IN THE YOGURT?**

The contents of the yogurt sachets consist of the highest quality New Zealand milk powder and lactic cultures. They do not contain stabilizers, emulsifiers, artificial colouring or preservatives. All the flavours are natural or nature identical (meaning they are derived from the plant or fruit they are named after, or from other vegetable or fruit with similar elements). You just add clean drinking water.

### **• CAN THE PRODUCT DIFFER BETWEEN BATCHES?**

EASIYO is a living thing and can change with changes in the tap water temperature for example. Also there can be slight changes in the milk powder between seasons ie the cows stop milking between April and November in NZ so the milk powder at the beginning and end of a season does vary a small amount. Sometimes the yogurt needs to stay in the Yogurt Maker a little longer in order to set. In colder months you can add a little warm water to the cold tap when first mixing the yogurt powder in BUT make sure the water remains cool (tepid) and not warm or hot. This should make the product work faster. However in warm climates you need to watch that the temperatures do not get too hot inside the Yogurt Maker. Leaving out 1cm of the boiling water in the Yogurt Maker should work

### **• SHOULD I TOP UP WITH MORE BOILING WATER IF MY YOGURT DOES NOT SET IN TIME?**

No. Do not do this. It will only make everything too hot. Just leave a little longer and it should set.

### **• CAN I USE MILK?**

We suggest no.....the EASIYO system is designed to eliminate the dangers of incubating milk and the hassles and time involved in stabilising milk. Imagine, if you left fresh milk on the bench in the sun for six hours you wouldn't want to drink it. EASIYO Base Powder is heat treated to eliminate all unwanted microorganisms.

### **• CAN I USE WATER FROM THE FRIDGE WITH THE YOGURT MIX?**

If using chilled water from the fridge in your jar then you should take the chill off ie warm it up to at least 15°C!

### **• CAN I USE BOUGHT YOGURT AS A STARTER?**

This is an expensive and unreliable method of making yogurt at home and will not ensure you of all the lactic cultures present in EASIYO yogurt. Only one yogurt strain will come through....L.Bifidus, L. Acidophilus almost certainly being lost....these are the ones that are so very good for your intestine and immune system. EASIYO DOES MAKES IT CHEAPER, SAFER, EASIER AND IT WORKS EVERY TIME!

### **• CAN I USE THE EASIYO BASE AND CULTURE IN MY OWN YOGURT MAKER?**

This can work if the yogurt maker is designed to keep a constant temperature over the required period of time to allow fermentation to occur.

### **• COULD I JUST PUT THE MIX IN A JAR AND PUT IT IN THE HOTWATER CUPBOARD?**

This is not recommended as it is critical you make the Mix go through fermentation to make a safe

product. Always test a small amount of the finished product first if using methods other than the EASIYO System. EASIYO DOES MAKES IT CHEAPER, SAFER, EASIER AND IT WORKS EVERY TIME!

● **WHAT CAN I SWEETEN IT WITH?**

With the desired amount of sugar, artificial sweetener, castor sugar, icing or brown sugar once it is made, you could also add EASIYO Real Fruit Squirt toppings or melted honey.

● **WHY DOESN'T MY YOGURT SET?**

Check the following steps, it could be one of these reasons:

1. The water in the jar should be cold, not freezing, nor warm or hot (clean cold tap water is fine). See 6 below.
  2. After the powder is mixed in, the jar is filled to the brim with cold water: - then put lid on and reshake.
  3. If you like thicker yogurt, add part of another sachet. Do not use less water in the jar as the mix could get too hot and kill off the cultures.
  4. Make sure the disk baffle is pushed down as far as it can go and does not rise up when the boiling water is added.
  5. Make sure the jar is put into the Yogurt Maker after the boiling water has been added.
  6. Boiling water must be filled to the line and no further (this is indicated at the top of the disk baffle). NB except in VERY COLD WINTER WEATHER: You can add more boiling water around the side of the jar inside your Yogurt Maker, when the water out of your tap is close to freezing. **Alternatively** you could take the chill off the freezing water you use in the Yogurt Jar i.e. use tepid tap water.  
NOTE: DO ONLY ONE OF THE ABOVE, NOT BOTH, AS BOTH TOGETHER WILL MAKE THINGS TOO HOT!
  7. If the yogurt is not set in 6-8 hours, please leave the yogurt until it has set; up to 12 hours. Do NOT add any more boiling water.
  8. Real Fruit Squirts should be added when serving, not during the making!
- Low Fat pre-flavoured sachets are now produced without sugar, so you can add sugar or sweetener to suit your own taste. Add approximately 50-80gms (approx. 3 tbsp) of sugar or equivalent artificial sweetener while mixing sachet.

● **WHY CAN THE SETTING TIME BE INCONSISTENT?**

Because EASIYO yogurt is a 'live' product and contains no thickening agents there is a variation in normal setting times depending on how quickly the temperature changes inside the Yogurt Maker. This depends on whether you live in a warm or cold climate to a small extent.

● **CAN YOU PUT FRUIT PIECES OR TOPPING IN WHILE YOU MAKE IT OR BEFORE IT SETS?**

No, because it upsets the pH balance in the yogurt which shortens the life of the cultures. This defeats the purpose of making fresh yogurt. Always add these when serving your EASIYO!

● **WHAT IF I FORGET TO TAKE IT OUT OF THE YOGURT MAKER?**

The yogurt will keep in the Yogurt Maker for up to 24 hours without it being adversely affected.

● **WHY DOES THE YOGURT SOMETIMES SEPARATE INTO SOLID AND WHEY?**

Whey being expressed from the yogurt is part of a natural process. Commercial yogurts contain thickeners or stabilisers to absorb the whey expressed. However, EASIYO contains no such additives the whey is best mixed back into the yogurt as it is full of B vitamins and very nutritious.

Alternatively, you may like to strain the whey and make use of it in your cooking. There is no loss of the culture content in the whey.

● **HOW LONG WILL MADE-UP YOGURT KEEP?**

Up to 2 weeks in the refrigerator.

## **INGREDIENTS**

### **• ARE THE EASIYO SACHET CONTENTS ALL NATURAL?**

All the EASIYO Yogurt sachets contain no artificial flavours, colouring, no stabilizers, emulsifiers or preservatives!

The flavours are all nature identical ie from a natural vegetable source but not necessarily from the flavour named. Ie citric acid can be obtained from various sources, some more reliable than others, so the flavours are made up from elements combined together to make a flavour resemble what it is copying. These flavours are usually more shelf stable than natural flavours which is the reason so many manufacturers use them. NONE of our flavours are artificial. They are all derived from naturally occurring compounds. They are all approved by the NZ & Australian Food Regulations Authority.

### **• WHY IS SOYLECITHIN AN INGREDIENT OF THE MILK POWDER?**

The soya lecithin is in the whole milk varieties. It does not come in the skim milk versions but we have to state it, as there may be traces.

We have never heard of anyone who has a bad reaction to soya lecithin. In fact, it is in many powdered products to make them dissolve easily, but in very small amounts. It is used to instantise the milk powder ie keep the milk protein from lumping .

### **• IS THE MILK POWDER PASTUERISED AND HOMOGENIZED?**

It is both pasteurized and also homogenised.

### **• DO THE EASIYO SACHETS CONTAIN CASEIN?**

It does contain casein because it is dairy based.

### **• DO EASIYO USE ANY GENETICALLY MODIFIED INGREDIENTS ?**

No, all our ingredients are specified non GM.

### **• IS EASIYO WHEAT AND GLUTEN FREE?**

All our yogurt is gluten and wheat free. Our starch in our pulps is derived from corn. Any glucose is dextrose and the maltadextrin is tapioca.

### **• IS THE EASIYO ORGANIC YOGURT CERTIFIED?**

Yes the EASIYO Organic yogurt is certified by NZ Agriquality which confirms it is made from organically produced milk powder, and complies with all the standards required for production and storage.

### **• WHAT DOES HALAL CERTIFIED MEAN?**

Halal certified shows that the food is prepared in an acceptable way to conform to Muslim custom and EASIYO has been audited and registered as Halal.

### **• IS EASIYO SUITABLE FOR VEGETARIANS ?**

All EASIYO products are suitable for vegetarians but not vegans as they contain dairy products l.

## **WELLBEING**

### **● WHY IS EASIYO YOGURT SO GOOD FOR YOU?**

The fresher the yogurt the higher the population of LIVE Lactic Cultures. Lactic bacteria (cultures) occur naturally in the intestines to aid digestion and fight bad bacteria. By eating fresh EASIYO yogurt DAILY you can help replenish and maintain the natural BALANCE of these important Lactic Cultures in your body, thus helping to reduce the disease and gas producing bacteria within the intestine.

### **● WHY IS EASIYO YOGURT BETTER THAN STORE-BOUGHT YOGURT?**

EASIYO is the freshest yogurt you can get, with more of the beneficial LIVE cultures in every spoonful (probiotic cultures that you need for your digestive health), it contains no artificial ingredients and more calcium than store bought yogurt. In fact, it was the Health Food Shops that introduced EASIYO to New Zealanders in the first place! It was so popular with people looking for a healthier option, that the supermarkets took it up nationwide!

### **● CAN I HAVE EASIYO YOGURT WHEN I'M PREGNANT?**

Yes of course EASIYO yogurt is especially good for pregnant women because it is high in Calcium, Protein, vitamins and minerals.

### **● IS EASIYO SUITABLE FOR LACTOSE-INTOLERANT PEOPLE?**

Lactose intolerance occurs when an individual lacks the enzyme lactase, which breaks down the lactose into simple sugars. Our EasiYo yoghurts typically contain around 3% lactose in the final product. This is slightly less than cow's milk (~4.6%). Some of the lactose is broken down into lactic acid during fermentation. However, it is thought that yoghurt is particularly special because the yogurt cultures contain enzymes which are released in the intestine that can break down the lactose. This is why yoghurt with even comparable lactose content to standard milk may be suitable for mildly lactose intolerant people. This applies to most yogurts in general, not just EasiYo. We do have a Low lactose product (less than 0.3% lactose) which would be suitable for people who are strongly lactose averse.

### **● WHAT DOES GLYCEMIC INDEX MEAN?**

Not all carbohydrate foods are created equal, in fact they behave quite differently in our bodies. The glycemic index or GI describes this difference by ranking carbohydrates according to their effect on our blood glucose levels. Choosing low GI carbs - the ones that produce only small fluctuations in our blood glucose and insulin levels – is important for diabetics and is the key to sustainable weight loss. EASIYO Yogurts are low GI (low GI is generally accepted as less than 55 according to [www.glycemicindex.com](http://www.glycemicindex.com)). The glycemic index numbers are considered low by both the Foster-Powel and Brand Millar test method for determining the glycemic index.

### **● WHAT IS THE CHOLESTEROL LEVEL IN EASIYO?**

As a dairy product, EASIYO Yogurt does contain a small amount of cholesterol. However the effect of the yogurt cultures has been shown to normalise cholesterol in the body. Medical scientists continue to explore the exact mechanisms for this cholesterol lowering effect by beneficial bacteria. They suspect that lactobacillus bacteria and bifidobacteria decrease blood levels of cholesterol by either increased intestinal absorption and removal through solid excretion, or by limiting the conversion of cholesterol back into bile acids for storage in the liver.

Cholesterol Levels in EASIYO:-

EASIYO NATURAL YOGURT: 109 mg per 140 gm powder or 10.9 mg per 100 gm made-up yogurt

EASIYO SKIMMERS YOGURT: 27.7mg per 140 gm powder or 2.8 mg per 100 gm of made-up yogurt

#### • **CAN YOU EAT TOO MUCH YOGURT?**

We enjoyed this question in an e' mail from one of our customers and we can actually supply an answer that is backed up with scientific research. It was an American study and later a Swiss study concerning dieting.

They tested people that were dieting. (I am assuming our customer was worried about putting on too much weight if he ate too much EASIYO?)

The test dieters were given a whole 500gms of full cream yogurt per day and the results were amazing!

Not only did they lose 22% more weight than the control group, they actually lost 60% more fat while retaining their muscle tone. Even more spectacular was the 82% loss of tummy rolls over the control group.

The conclusion was, the body needs it's Calcium. If it doesn't get it then the body stores EVERYTHING because it thinks it is starving, so it automatically conserves!! EASIYO Yogurt is high in Calcium so 500g a day would not be considered overindulging!

Yogurt is also known to normalize cholesterol, which a plentiful supply would assist with!

#### • **CAN YOUR CHILDREN EAT TOO MUCH EASIYO YOGURT?**

Calcium, of which there is an abundance in the EASIYO yogurt, plays a wonderful role in weight management as shown by a wealth of recent research, so do not be concerned. Children seem to have an ability to know what their body needs (if presented with good healthy food) and as long as there is daily exercise, they can't really overdose on good food.

#### • **WHAT IF I AM ALLERGIC TO COW'S MILK?**

Lactose intolerant is different to being allergic to milk (cow's) protein!

If you are the first ie lactose intolerant, then you should be able to have yogurt, as almost all of the lactose has been converted into two simple sugars that almost everyone can tolerate.

If however you are protein allergic, then you definitely will have to convert to a non dairy milk base.

#### • **DO EASIYO MAKE A NON-COWS MILK YOGURT?**

We did make a soy yogurt but we took it off the market as it had a high failure rate (non-sets).

#### • **CAN I MAKE YOGURT USING SOY MILK?**

The litre boxes of Soy Milk are usually UHT so it does not have to be boiled.

Just add a couple of tablespoons of EASIYO Yogurt to the Soy Milk and incubate as per normal instructions in the EASIYO Yogurt Maker. Some may work, some may not. We have found that the Soy Milk needs to be very very fresh ie have a long Best Before date.



## **CULTURES**

### **● WHAT CULTURES ARE THEY?**

All EASIYO Yogurts contain *Lactobacillus bulgaricus*, *Streptococcus thermophilus* and *Lactobacillus acidophilus*. The combination gives EASIYO its wonderful taste and texture. In EASIYO Bio-Life Yogurt there are additional probiotic cultures, bifidobacterium and *Lactobacillus casei*.

Widely accepted benefits of yogurt cultures include the improvement of the microflora balance in the digestive system (by colonising in the intestinal tract), and prevention/treatment of antibiotic-induced diarrhoea.

### **● HOW DO THE CULTURES STAY VIABLE IN THE SACHETS?**

The cultures are freeze dried which means all the moisture is extracted and the cultures can hibernate for up to two years without losing their viability. The process is fairly complicated but there is some really clever equipment these days that freeze dries without decreasing the active nature of the cultures.

### **● HOW DOES FREEZE DRYING KEEP THE CULTURES VIABLE?**

Freeze drying is not easy to understand using scientific terms, let alone layman's terms. Something like a seed lying on the ground waiting until the right conditions prevail. The laboratories are able to isolate extremely concentrated forms of the lactic bacteria and freeze dry them, so that they activate when in the presence of water and the correct temperature. The EASIYO Yogurt Maker provides this correct temperature!

### **● WHAT ARE THE CULTURES IN THE EASIYO DRINKING YOGURT?**

The probiotic cultures, FloraFit Boost, in our drinking yogurt are specifically designed to aid immune system dysfunction. Certain probiotics assist, if you can get them into your system in sufficient amounts. And this is the KEY! The immune system is an excellent barometer to indicate our well being. Stimulating a deficient immune system can help prevent illnesses and ward off infections. FloraFit Boost is specially formulated to boost the body's immune system.

### **● WHAT ARE THE SPECIAL CULTURES IN BIOLIFE?**

*L. acidophilus*, *B. bifidus* and *L. casei*. (abc probiotic cultures).

### **● WHAT IS THE DIFFERENCE BETWEEN BIOLIFE AND THE OTHER EASIYO SACHETS?**

The new combination of special cultures in the Bio-Life sachets have been carefully developed to replenish and maintain any depleted abc cultures that should inhabit the intestine. These naturally occurring cultures become depleted in your digestive system due to conditions such as stress, illness, after antibiotics, aging or poor diet etc. All EASIYO Yogurt is good for you because it assists with food absorption, is easily digested, and is full of protein, calcium, vitamins and minerals, but everyone can take EASIYO Bio-Life for maintenance, continually, or from time to time.

### **● WHAT ARE THE BENEFITS OF LACTIC CULTURES?**

The cultures in our yogurt are the real thing! And there are billions in every spoonful. Being the freshest yogurt you can get, EASIYO has more of the beneficial LIVE cultures than any other yogurt. What do these cultures do? Well apart from the bulgaricus (which helps the fermentation process)

they are all probiotic (for life). This means they have the ability to survive the stomach juices and do their beneficial deeds in the stomach and intestine.

They have many functions: they create lactic acid which bad bugs can't survive in; they line the gut walls and stop pathogens getting through into the body, they speed up the removal of waste; they repopulate the gut after illness or some antibiotics, they aid in the uptake of nutrients, to name just a few.

All the EASIYO cultures are human compatible in that they do the function they are designed for in the human gut. There is little point in having a culture that works only for say, cows. It would pass straight through.

#### ● **HOW LONG DO THE CULTURES LIVE FOR IN THE SACHET?**

The cultures we use are freeze dried : a little like a seed that, for a certain period of time, is able to remain in a stable form before it is reactivated. In this dormant state ie without moisture or warmth, our cultures are good for well over the 18 month 'best before' date shown on the sachet. The process we use is designed to maintain the largest number of viable bacteria cultures that can be produced. It is also the method of keeping the most cultures viable for longer!

#### ● **HOW DO YOU GET THE MOST LIVE CULTURES IN YOUR YOGURT?**

The very fact that you make your yogurt fresh with EASIYO guarantees the MOST live cultures you can get (this includes acidophilus). Store bought yogurt may not even have many live cultures left in it once it is finally consumed. This is because cultures have a limited lifetime. So you need to eat your yogurt freshly-made. By law, yogurt must contain millions of live cultures per spoonful (at the time of manufacture). A spoonful of EASIYO yogurt contains billions.

The important thing with yogurt is to eat it fresh!

#### ● **HOW LONG DO THE CULTURES LIVE IN THE JAR OF MADE-UP YOGURT?**

Once activated (when you use the sachet to make up the yogurt), it is the freshest yogurt you can get because you have just made it! 1 gram of freshly-made EASIYO Yogurt after 6 hours in the making process contains around 1 billion live cultures (Agriquality job no. 383923)

EASIYO did extensive research on their cultures to make sure they survive in plentiful numbers for the duration of their made up shelf life ie the two weeks indicated on the instructions. That includes all the probiotic cultures put in the sachets as well. "All our tests on our yogurts indicate there are millions of live cultures still present in every spoonful after these two weeks!" This is more than can be said about many store bought yogurts at the end of their shelf life!

As these cultures are living organisms, the numbers do fluctuate depending on such things as outside temperatures, water temperature etc, but you are always guaranteed "real" yogurt. Ie. EASIYO Yogurt always contains cultures in sufficient numbers for the consumer to reap the benefits that only live cultures deliver. When yogurt is freshly made, you have the most "live" cultures in the first few days, after which the numbers rather quickly tail off.

With EASIYO yogurt, the 'billions of live cultures in every spoonful', that are available when you have first made the yogurt, reduce in numbers, but you still have very viable yogurt up until it's stated best before day ie two weeks! This is because you started with so very many cultures in the first place. The very fact that you are making your yogurt fresh with EASIYO means you are guaranteed the most live cultures you can get (this includes acidophilus).

## **DELIGHT ICE CREAM MIX**

### **• WHAT IF MY ICE CREAM DOESN'T BEAT UP?**

Firstly you need to make sure that the ice cream is completely frozen through i.e. no liquid bits remain, say, in the middle. It must be frozen through before you beat it. Now break the mix up into small chunks with a fork before beating.

### **• WHAT ARE THE CULTURES IN THE ICECREAM?**

There is enough live acidophilus culture in the EasiYo Icecream to technically classify it as a 'yogurt' Icecream.

### **• DO I GET THE BENEFITS OF YOGURT FROM THE EASIYO ICECREAM?**

You get all the therapeutic benefits of live acidophilus culture, which helps replace and maintain the balance of these essential lactic bacteria in your intestines.

### **• DO THE CULTURES REMAIN ALIVE IN THE ICECREAM?**

The culture we use (live acidophilus culture) is freeze dried and actually prefers 'deep freeze' to maintain its viability for longer. We have tested the ice cream to make sure the cultures are still there (in quantity) once the ice cream is made, and they definitely are! You get ALL the therapeutic benefits of 'live' acidophilus culture, which helps replace and maintain the balance of these essential lactic bacteria in your intestines.

### **• WHAT ARE THE 'E' NUMBERS IN THE EASIYO DELIGHTICECREAM?**

E477 propane -1, 2diol esters of fatty acids  
E471 mono and di-glycerides of fatty acids  
E481 sodium stearoyl-2-lactylate

### **• IS THE ICECREAM LACTOSE REDUCED, LIKE THE YOGURT?**

The lactose in our Delight Ice Cream is not broken down to the same extent as in our yogurt because the milk is not fermented like in yogurt. It does however contain acidophilus culture which is meant to help prevent the effects of lactose intolerance in the gut.

## **REAL FRUIT SQUIRTS**

### **• WHAT ARE EASIYO FRUIT SQUIRTS MADE OF?**

They are made from at least 33% real fruit, sugar, maize starch, fruit flavour, natural colour, preservative (potassium sorbate) and water. Some contain citric acid to prevent discoloration and loss of flavour. They are all non GM and Gluten Free! Shelf life of approximately two years!

### **• WHEN DO WE ADD FRUIT TOPPING AND CAN WE USE OUR OWN?**

Add the EASIYO Real Fruit Squirts when the yogurt is made and CHILLED . These are concentrated to add sufficient flavour to the yogurt but you can use whatever you like to put with your EASIYO yogurt. Fresh or stewed fruit is great, as are hot or cold cereals, etc. EASIYO is wonderful to use in all your favourite recipes. Have fun experimenting.

### **• DO THEY HAVE TO BE KEPT IN THE REFRIGERATOR?**

No, but you may prefer to especially in warm climates

### **• WHAT ADDITIVES DO THEY CONTAIN ?**

Preservative (Potassium Sorbate) and Acidity Regulator (Sodium Citrate).  
The Fruit Squirts are not Halal certified.

## **HANDY HINTS AND TIPS**

### • **WHEY**

If any Whey (clear liquid) forms in your yogurt, just stir it back in.

Whey is extremely nutritious and can be drained from the yogurt and included in soups or drinks. It is high in vitamin B12.

### • **MILD**

For a milder taste, chill freshly-made EasiYo yogurt as soon as it sets (approx. 6 hours)

### • **TANGY**

For a more tangy taste, incubate longer (8-10 hours or overnight)

### • **SWISS STYLE**

For a more creamy consistency, stir your EasiYo yogurt rapidly once set.

### • **SWEETENED**

All Plain EasiYo yogurts can be sweetened to taste using 2–4 tablespoons of either sugar, equivalent artificial sweetener or honey.

(Some EasiYo flavoured sachets are already sweetened.)

### • **FLAVOURED**

You can add any flavouring you like to create a variety of interesting tastes e.g. vanilla, maple syrup, essences or fruit juice. Flavour to taste after the yogurt has set and chilled, to keep the cultures viable longer. To firm yogurt after flavouring is added refrigerate yogurt for 2–3 hours more.

### • **FRUIT TOPPINGS**

Use fresh, canned or frozen fruit – sliced, chopped or puréed, or flavour with EasiYo Real Fruit Pulp toppings. Remember to add these only **after** the yogurt has chilled thoroughly in the refrigerator so the yogurt is nice and firm