

Milk Quality

We suggest organic WHOLE cow's milk for its quality and high content in proteins. Pasteurized or raw milk may be used since boiling it will pasteurize it anyway. Homogenized milk can be used if you have to. In fact any mammal's milk, like goats milk, may be used, however this will generally produce a thinner product.

- Do NOT use UHT milk. The high temperature breaks most of the milk proteins.
- Do NOT use milk with additives. Especially preservatives, hormones, and **extra added** vitamins A and D.
- Do NOT use rice, soy, almond or lactose-free milk.

Hygiene

Keep all preparation utensils very clean so as not to contaminate the Bravo with other food or microorganisms that may interfere with the fermentation process. Use paper towels for drying and immediately discard them.

How to Prepare one Batch (1 litre) of Bravo

1. Boil 1 litre of whole cow's milk in a roughly 2 litre pot, whilst stirring to keep from sticking to bottom of pot.
2. Milk boils when it blows up to the rim of the pot. Do not over boil the milk.
3. Let it cool down to room temperature (20-30°C or 68-86°F) with an aluminium foil cover over it.
4. Remove the thick layer off the top of the milk and discard. (made of caseins)
5. Mix in the contents of 1 bottle and 1 bag with a balloon whisk. Mix well to remove any lumps.
6. Leave it at room temperature (20-30°C or 68-86°F) for 24 - 48 hours, until it sets. Do not mix it.
7. Mix well when set (stirring stops the fermentation process). You may also wish to sieve it.
8. Refrigerate at least 2 hours before using.

Suggestions for Consumption

- Adults: Use a 50-140ml serving daily at the end of a meal rich in vegetables or leafy greens (fibre).
- Children: Adjust dose according to body weight.
- Do NOT consume artificial sweeteners as they kill the friendly bacteria and microorganisms.



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Storage of Bravo

- Store the unused powders in the refrigerator, far from humidity.
- Store the finished product in the refrigerator for a maximum of two weeks after preparation.
- Do NOT freeze Bravo as this will kill the beneficial bacteria in it.