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CODEX STANDARD FOR FERMENTED MILKS

22 Concentrated Fermented Milk is a Fermented Milk the protein of which has been increased prior to or after fermentation to minimum 56% Concentrated Fermented Milks includes traditional products such as Stragisto (strained yoghurt), Labneh, Ymer and Ylette 23 Flavoured Fermented Milks are composite milk products, as defined in Section 23 of

Fermented Foods

4) Let ferment in a cool dark place for 3-4 weeks, replace top with a lid, and enjoy! Store in refrigerator and eat within 2 months Sauerkraut Recipe Strawberry Banana Kefir Smoothie Recipe Fermented Foods Page 7 Kefir is more liquid and pourable than yogurt, and thus can be used to make smoothies without the addition of milk

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