

# Yoghurt Goodness 美妙的酸乳酪



## 8 Health Benefits of Yoghurt:

1. An excellent source of easily digested protein and nutrients from milk
2. Very low in lactose and may improve lactose tolerance over time
3. Boosts immunity
4. Aids healing after intestinal infections
5. Contributes to colon health
6. Helps decrease yeast infections
7. Lowers cholesterol
8. A valuable health food for both children and elderly persons

## How to Choose a Healthy Yoghurt

Choosing a healthy form of yoghurt is important in order to enjoy its health benefits. Unfortunately, most commercial yoghurts contain sugar, artificial sweeteners, flavouring, and food additives/conditioners to make the yoghurt more appealing. The result is a highly processed yoghurt that has lost many of its healthy attributes. The healthiest and most economical way to enjoy yoghurt is to make your own! It is not hard at all with this amazing trio: **NewLife™ Yoghurt Maker**, **NewLife™ Yoghurt Starter** and **NewLife™ Low Fat Milk Powder**.

- **NewLife™ Yoghurt Maker** is easy to use. It features precise temperature control throughout the fermentation process, ensuring quality yoghurt every time. It is also the perfect size—making 1 litre of yoghurt at a time.
- **NewLife™ Yoghurt Starter** not only contains live cultures: *Streptococcus thermophilus* and *Lactobacillus bulgaricus*, it is also fortified with three additional types of probiotics: *Bifidobacterium longum* a.k.a. "Bifidus", *Lactobacillus casei* a.k.a. "Casei", and *Lactobacillus acidophilus* a.k.a. "Acidophilus".
- **NewLife™ Low Fat Milk Powder** is certified free from pesticides, antibiotics and genetically modified organisms. It is also free from artificial hormones. Low in fat (0.7-0.8%), it contains 40% less calories than whole milk, making it ideal for those who are concerned about weight gain, while still providing all the essential nutrients such as calcium, protein and vitamin D.

Do not forget to pair your yoghurt with **NewLife™ Omega Gold Flax Seed Oil** for an extra boost of omega 3 essential fatty acids!

Please turn to back cover for a special offer on **NewLife™ Yoghurt Maker**, **NewLife™ Yoghurt Starter** and **NewLife™ Low Fat Milk Powder**.

## 酸乳酪的八大健康益处:

1. 是蛋白质和营养物质的极佳来源，因为它是预先消化的牛奶，更容易被身体吸收
2. 乳糖含量极低，久而久之可提高乳糖耐受性
3. 提高免疫力
4. 帮助肠道感染后的治愈
5. 有益于结肠健康
6. 有助于降低感染阴道炎
7. 降低胆固醇
8. 老少咸宜的健康食物

## 如何选择健康的酸乳酪

为了享受它的健康益处，选择一种健康形式的酸乳酪很重要。问题是大多数商业酸乳酪都含有糖、人工甜味剂、调味剂和食品添加剂或调理剂，使他们的酸乳酪更有吸引力。其结果是一种高度加工的食品失去了酸乳酪的许多健康特性。享受酸乳酪健康益处的最安全可靠、最经济的方法就是自己制作！如有这三剑客，这就一点也不难——**新生命酸乳酪制造机**、**新生命酸乳酪酵母**和**新生命低脂牛奶粉**。

- **新生命酸乳酪制造机**很容易使用。整个发酵过程都有精确的温度控制，确保每次酸乳酪的品质。理想容量—每次制作1公升酸乳酪。
- **新生命酸乳酪酵母**不仅含有活菌：嗜热链球菌和保加利亚乳杆菌，还添加了三种额外的益生菌：长双歧杆菌，干酪乳杆菌，嗜酸乳杆菌，嗜酸乳杆菌。
- **新生命低脂奶粉**经认证零农药、零抗生素和零人工激素。它脂肪含量低(0.7-0.8%)，卡路里含量比全脂牛奶低40%，是担心体重增加的人的理想选择，同时仍能提供所有必需的营养物质，如钙、蛋白质和维生素D。

别忘了在酸乳酪中加入**新生命奥美加黄金亚麻籽油**以获得额外的奥美加3必需脂肪酸！

请翻到封底了解更多有关**新生命酸乳酪制造机**、**新生命酸乳酪酵母**和**新生命低脂牛奶粉**的特别优惠。

# RECIPES 食谱

Here are two fun and creative ways to enjoy yoghurt!  
以下是其中两种有趣、有创意的方式来享受酸乳酪!

## Yoghurt Parfaits

Parfait is a rich, cold dessert made of yoghurt and fruit. It is delicious and super easy to make.

### Ingredients:

- 3 cups of homemade yoghurt
- 1 cup of strawberries, juiced
- 1 cup of fresh strawberries, blackberries, raspberries and/or blueberries
- 1 cup of granola

### Directions:

- Start by layering  $\frac{1}{3}$  of the yoghurt into the bottom of a glass.
- Combine strawberry juice with fresh berries for the second layer.
- Granola will be the third layer.
- Alternate layers of fruit and granola with yoghurt until the glass is filled to the top.
- Serve immediately to keep granola crunchy.

## 酸乳酪冻糕

一种由酸乳酪奶和水果制成的冷甜点。香美浓郁，而且做起来超级简单。

### 材料:

- 3杯自制酸乳酪
- 一杯草莓，榨汁
- 一杯新鲜的草莓、黑莓，覆盆子或蓝莓
- 一杯格兰诺拉麦片

### 做法:

- 首先将三分之一的酸乳酪倒入玻璃杯底。
- 将草莓汁和新鲜的浆果混合，做第二层。
- 格兰诺拉麦片为第三层。
- 将水果、格兰诺拉麦片和酸乳酪分层放置，直到杯子被填满。
- 即可食用以保持格兰诺拉麦片酥脆。



## Yoghurt Coleslaw

Cut down on calories from mayonnaise by replacing it with yoghurt as a tangy, healthy alternative!

### Ingredients:

- 2 cups of shredded cabbage
- $\frac{1}{2}$  cup of shredded onions
- 1 cup of shredded carrots
- 2 cups of yoghurt
- 1 tablespoon of honey
- $\frac{1}{4}$  teaspoon of salt
- $\frac{1}{2}$  teaspoon of coarse ground black pepper

### Directions:

- Thinly slice cabbage, onions and carrots.
- To make coleslaw dressing, mix yoghurt with honey. If needed, season with a bit of salt and pepper.
- Place shredded coleslaw mix into a large bowl, then pour the coleslaw dressing over.
- Toss to coat evenly.
- Rest for 10 minutes in the fridge before serving.

## 酸乳酪凉拌卷心菜

用香味浓郁的健康酸乳酪代替蛋黄酱，减少不必要的卡路里!

### 材料:

- 2杯切碎的卷心菜
- 半杯洋葱丝
- 1杯胡萝卜丝
- 2杯酸乳酪
- 1汤匙蜂蜜
- $\frac{1}{4}$ 茶匙盐
- 半茶匙粗研黑胡椒粉

### 做法:

- 卷心菜、洋葱、胡萝卜切成细丝。
- 将酸乳酪与蜂蜜混合，做成凉拌沙拉酱。可以加一点盐和胡椒调味。
- 将拌好的凉拌丝放入大碗中，然后倒入凉拌调料。
- 搅拌均匀。
- 食用前在冰箱里放上10分钟。