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# LACTOSPORE®

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## Discover Functional Food Formulas

LactoSpore® is a safe clinically tested probiotic that helps to maintain a healthy balance of microflora in the gastrointestinal tract, supporting general health and well being. Unlike many other probiotic cultures that do not survive processing and storage conditions, LactoSpore® being in naturally encapsulated spore form remains viable on processing and storage, and optimally delivers a live culture upon consumption. It beneficially impacts the microenvironment of the gastrointestinal tract by producing the biologically preferred L(+) form of lactic acid, and supporting a healthy balance of natural microflora; helping the body's natural defenses to effectively combat stress and imbalances.

## ProbiOaties Cookies, from BiteMarket, California, USA



### ProbiOaties

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Made in a bakery in sunny Southern California, BiteMarket exclusively sells these LactoSpore® containing cookies at their stores

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Use about 1/4 teaspoon of LactoSpore® 15B grade, for 10 to 12 small cookies that when baked are 2 inches in diameter. Bake them for approximately 10 minutes at 350° F (180°C).

**“Using LactoSpore in my cookies is a great way to incorporate probiotics into my life and the fact that they are shelf stable means that I can take them anywhere!”**

- BRIDGET REILLY, GLUTEN FREE GOODNESS FROM BRIDGET'S KITCHEN, OWNER

## Nutrition Facts

Serving Size 1 cookie  
Serving Per Container 2

Amount Per Serving	
<b>Calories</b> 137	Calories from Fat 58
<b>% Daily Values*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 9mg	<b>3%</b>
<b>Sodium</b> 76mg	<b>3%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 10g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

**ProbiOaties  
Chocolate Chip  
Nutrition Facts**

## Nutrition Facts

Serving Size 1 cookie  
Serving Per Container 2

Amount Per Serving	
<b>Calories</b> 124	Calories from Fat 51
<b>% Daily Values*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 9mg	<b>3%</b>
<b>Sodium</b> 76mg	<b>3%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
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Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

**ProbiOaties  
Raisin Nutrition  
Facts**



Tutti Frutti's  
Frozen Yogurt,  
available  
worldwide, sold  
to millions of  
delighted  
people, now  
with  
LactoSpore®

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Colombia's #1  
Bread Company:  
Perman (White  
and Whole  
Wheat Bread)  
containing  
LactoSpore®

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# Probiotic Banana Kefir Loaf Recipe

## Prep Time:

Time Taken To Prepare: 10 minutes

Time Taken To Bake: 70 minutes

Total Time Taken: 80 minutes

## Ingredients:

½ cup unsalted butter – melted  
2 eggs – free-range, whole  
1 and 1/3rd cup raw cane sugar  
½ cup milk kefir  
1 teaspoon vanilla essence  
2 cups all-purpose flour  
2 teaspoons baking powder  
3 medium-sized very ripe bananas –  
mashed  
1½ Tablespoons LactoSpore® 15B

## How You Prepare:

### The night before ~

- ☼ In a medium-sized bowl, mix the all-purpose flour with milk kefir.
- ☼ Prepare an even blend. Cover the bowl with a lid. Let it stand in a cool place overnight.

### The following morning ~

- ☼ Pre-heat the oven to 300° Fahrenheit.
- ☼ In a large bowl, take the melted butter. To this, add in the sugar, whole eggs and vanilla essence.
- ☼ Whisk the ingredients into a smooth and light batter.



Breaking Bread  
with Probiotic  
Kefir

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- ☀ Once this is done, add in the mashed ripe bananas. Whisk again until you have an even blend.
- ☀ Now, add in the all-purpose flour and kefir mix standing from last night.
- ☀ Add the baking powder, LactoSpore® and blend well into a smooth batter.

### **Baking Instructions ~**

- ☀ Take a 9 inch x 5 inch rectangular baking pan.
- ☀ Line the pan with a baking sheet. Alternately, you could grease the insides of the pan with unsalted butter and dust it mildly with some all-purpose flour.
- ☀ Pour in the prepared banana-kefir bread batter.
- ☀ Wear oven mitts
- ☀ Place the baking pan into the oven.
- ☀ Bake for 1 hour and 10 minutes.
- ☀ Check at the end of this time if the loaf is done. Loaf is done, if an inserted toothpick into the loaf comes out clean.

### **After Baking ~**

- ☀ Place the baking pan on a wire rack and let it cool for 15 minutes
- ☀ Slice the loaf into thickness of your choice.
- ☀ Relish the exotic taste of the banana-kefir bread with a glass of fresh juice or team it up with meats and salad in a sandwich!



South African based manufacturer has incorporated LactoSpore® as a source of probiotics in Maize porridge

Korea's granola bar as a breakfast food and snack bar packed with LactoSpore®





# Homemade Frozen Yogurt

## Ingredients:

3 cups plain, vanilla, or flavored yogurt of choice

Sweetener to taste, such as stevia or agave or sugar (amount will depend on your yogurt and whether you want tart or sweet froyo. Remember: the finished product will be less sweet, so make it just a little too sweet before freezing.)

1 tsp pure vanilla extract, unless using vanilla yogurt

1/4 teaspoon of LactoSpore® 15B grade

## Instructions:

Stir all ingredients together. If you have an ice cream maker, pour the mix into the machine and process according to your machine's directions, approximately 12 minutes. If you don't have an ice cream machine, freeze the yogurt mixture and then blend. Simply scoop it out of the machine with a spoon, and place the finished mixture in the freezer for 30-40 minutes if you want a firmer result.

Homemade ice cream is best served the day it's made, but it still tastes delicious for up to a month in the freezer (in an airtight plastic container). If you freeze for more than a day, you'll probably end up with a frozen block, so just be sure to thaw the ice cream for 15-20 minutes prior to serving. There you go: how to make frozen yogurt!



**Homemade  
Frozen Yogurt  
containing  
LactoSpore®**

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# Probiotics *for* Health & Well-being

Download Your Free Copy at [www.sabinsa.com/whitepapers](http://www.sabinsa.com/whitepapers)

The role of probiotics has expanded from gut health maintenance, to use in applications that target diverse preventive health maintenance needs. Clinically validated probiotics now find innovative applications in dietary supplements, functional foods, and mainstream food products.

**LactoSpore**<sup>®</sup>

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