

## 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.

## Homemade Juice

The recipe described below, when used with Non Dairy Bravo, produces no alcohol, a pH of 3.95, and a probiotic microbe count of near to one hundred billion ( $100 \times 10^9$ ) per litre.

- 1 Litre (US Quart) of bottled still mineral water (microbes like minerals and die in chlorinated water).  
**Note:** We do NOT recommend using reverse osmosis water.
- 1 optionally diced organic dried prune, with no kernel (dried fig or apricot may be used instead).
- 1 tablespoon of lemon juice (the microbes prefer a lower pH).
- 1 tablespoon of cane or refined sugar. **Note:** The sucrose (sugar) or fructose (fruit juice sugar) is consumed by the fermentation process.

Mix all the above ingredients in a large glass bowl.

## How to Prepare one Batch (1 litre/quart) of Bravo Probiotic Juice

1. Put 1 Litre (US Quart) of homemade juice (or apple juice or orange juice, etc.) into a large glass bowl.
2. Mix in the contents of sachet ① first, as this tends to clump. Use a  stainless steel whisk very briskly for several minutes to dissolve the powder. Then mix in sachet ② and ③ using the whisk as before. Some small clumps may remain and these will dissolve in the fermentation process.
3. Cover the bowl loosely with kitchen paper or aluminium foil, (to keep out dust), and leave it sitting, (fermenting), for 24 hours at room temperature, (16-26°C or 60-78°F), in a quiet place, away from vibrations, heat, drafts or blowing fans. Do NOT mix or stir during the fermentation.
4. After 24 hours, mix the contents of the bowl well and pour it through a stainless steel strainer, (to remove traces of fruit), into a glass jug. Then loosely cover with aluminium foil, and refrigerate. The presence of opaqueness and sediment in the product, is an indicator that the fermentation process was successful.
5. The final product, stored in the refrigerator, will remain good for 10 days.

## Suggestions for Use

- Use 100ml (3.3 liquid oz.) per day.



## Storage of Bravo

- Store the unused powders in the refrigerator, far from humidity.
- Store the finished product in the refrigerator, where it will remain good for 10 days after preparation.
- Do NOT freeze Bravo as this will kill the beneficial bacteria in it.