

MAASAI MALA SMOOTHIE (KENYA)

Raw milk + 3-day gourd ferment = 4× Bifidobacterium (Kitala et al., 2021).

INGREDIENTS

- 500 ml raw milk
- 1 tbsp previous mala (starter)
- Calabash or glass jar

STEPS

1. Pour milk in jar
2. Add starter
3. Keep 25°C for 3 days
4. Blend with banana + honey

SAFETY: Use tested raw milk only.

WATCH VIDEO

https://www.youtube.com/watch?v=E5UGhheAS_k

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REFERENCE

Mathara, J. M., Schillinger, U., Kutima, P. M., Wamae, C. N., Mbugua, S. K., Mwangi, J., Bockemühl, J., & Guigas, C. (2008). Functional properties of *Lactobacillus plantarum* strains isolated from Maasai traditional fermented milk during spontaneous fermentation. *International Journal of Food Microbiology*, 124(3), 202–207. <https://doi.org/10.1016/j.ijfoodmicro.2007.12.012>