

Yogurt Cheese

THE WISE & WILD
WAY

A Leading Lady Solution

Makes 1 Cup

Ingredients

- 2 cups of plain, organic yogurt

Optional:

- 1-2 cloves of finely chopped garlic
- 2 Tbs of finely chopped green onion
- 1 tsp of dried oregano or dill.
- 1/2 tsp of sea salt

Tools

- Unbleached coffee filter
- Strainer
- Bowl to catch the whey

Directions

1. Line strainer with coffee filter
2. Place strainer over bowl and spoon out yogurt into filter.
3. Cover and let stand overnight on the counter. The whey will run into the bowl leaving the cheese in the strainer.
4. In morning, discard whey or save in a mason jar for fermenting
5. *Optional:* mix in desired herbs
6. Store yogurt and whey in covered glass containers in refrigerator. Keeps for about 1 month (whey keeps for about 6 months)

Notes

Serve with sliced veggies or sprouted, gluten-free bread, or better yet, homemade bread.

