

# EASY KEFIR CREAM CHEESE

Whole milk kefir makes the creamiest cheese, skim milk makes lowfat cream cheese

**Plain Kefir Cream Cheese:**  
4 C. Kefir liquid



Fasten flour sack cloth (not cheesecloth) around top of tall wide-mouth jar with elastic band to form a pouch hanging down inside of jar. Pour 4 cups liquid Kefir into pouch letting whey drip into jar. Cover with another cloth, and let drain 24 hrs. in refrigerator or until it's a soft curd. Mix with spices or fruit or leave plain. To make a firmer cream cheese press out more whey in a cheese press. Makes 2 cups. Store in glass jar with lid, and keep in refrigerator. If not using within a week, completely cover cream cheese with a layer of olive oil to preserve and fasten lid tightly. Will keep for many weeks this way.

Refrigerate your protein-rich whey in glass jar to use in recipes. It makes a great sleeping potion, and soothes burns. It is a natural antibiotic and natural anti-inflammatory.

**Onion Dill Cream Cheese:**

½ tsp. sea salt  
½ tsp. onion powder  
¼ tsp. garlic powder  
2 Tbsp. dried dill  
1 C. kefir cream cheese



Thoroughly mix spices into finished cream cheese. For a firmer cream cheese press out more whey in a cheese press.

**Zatar Cream Cheese:**

½ tsp. sea salt  
1 Tbsp. Zatar spice  
1 C. kefir cream cheese

Thoroughly mix Zatar spice into finished cream cheese. For a firmer cream cheese press out more whey in a cheese press. (Tip: India Emporium has inexpensive exotic spices.)



**Pepper Cream Cheese:**

½ tsp. sea salt  
2 T. chopped jalapeno peppers  
2 T. chopped roasted red peppers  
½ tsp. each onion & garlic powder  
1 C. kefir cream cheese



Mix ingredients into finished cream cheese. For a firmer cream cheese press out more whey in a cheese press.

**Italian Cream Cheese:**

½ tsp. sea salt  
1 tsp. each dried oregano & basil  
½ tsp. each onion & garlic powder  
1 C. kefir cream cheese

Thoroughly mix spices into finished cream cheese. For a firmer cream cheese press out more whey in a cheese press.



**Tomato Basil Cream Cheese:**

½ tsp. sea salt  
1 tsp. dried basil  
3 T. chopped sun dried tomato  
½ tsp. onion powder  
1 C. kefir cream cheese



Mix ingredients into finished cream cheese. For a firmer cream cheese press out more whey in a cheese press.

