

## Lacto-Fermenting: *The Easy & Healthy Way* WHEY, GREEK YOGURT, & YOGURT CHEESE

### Key Points

- These foods are simple to make.
- Contain high “live”, healthy, probiotic bacteria count.
- Easy for the digestive tract to process.
- Acts as food for healthy flora in the digestive tract.
- Can often be consumed by those with lactose intolerance.
- Whey can be used in shakes/smoothies, as a protein source.
- Yogurt cheese acts as a cream cheese substitute, a great fruit or vegetable dip.
- “Live” homemade whey can be used as a culture in lacto-fermentation.

### RECIPE:

## Homemade Whey — *Greek Yogurt & Yogurt Cheese*

*Your homemade yogurt can provide you with a multitude of delicious foods. Using a simple process you can obtain “live” whey for use in culturing lacto-fermented foods and condiments, greek yogurt, as well as yogurt cheese - a delicious cream cheese substitute you can make into savory or sweet dips.*



### You Will Need:

- Homemade Plain Yogurt OR “Live” Culture Store-bought Yogurt, Well-Chilled
- Bowl, non-metal\* (*sized so the strainer sits over-top but doesn't touch bottom*)
- Spoon, non-metal\*
- Strainer, non-metal\* [ *available at [CookingGodsWay.com](http://CookingGodsWay.com)* ]
- Paper Coffee Filter OR Ultra-fine Cheesecloth/Butter Muslin
- Kitchen Towel

**\*WHY NO METAL?\*** When working with dairy products it is best to avoid any prolonged contact with metal, even stainless steel. Metal causes an ionic reaction with all dairy products, causing them to breakdown and separate more quickly.

### Instructions:

1. Place the strainer over a bowl, making sure the bottom of the strainer basket is at least a few inches from the bottom of the bowl.
2. Line the strainer with a paper coffee filter.

*If you would like to strain a larger amount of yogurt, you may use ultra-fine cheesecloth (not regular), aka butter muslin, to line the strainer.*

2. Pour the well-chilled yogurt into the lined strainer.
3. Cover the strainer and bowl with a kitchen towel and place in the refrigerator to begin draining.
4. After a few hours you will notice the yogurt getting thicker. Once the yogurt thickness is to your liking, you can stop the draining process.

**Greek Yogurt = 6+ hours**

**Yogurt Cheese = 24+ hours**

5. To stop the draining process, simply remove the greek yogurt/yogurt cheese from the strainer, place in an air-tight container, and store in the fridge for up to 1 month (see uses below).
6. Whether you made greek yogurt or yogurt cheese, the greenish colored liquid remaining in the bowl is whey (see uses below). Pour the whey into a jar, cover with lid, and keep in fridge for up to 6 months.

Amount Made Varies.

## Uses for Whey & Yogurt Cheese

- Your "live" whey can be used in lacto-fermentation as a culture.
- Whey can be used in smoothies and homemade protein shakes as well.
- Use your thick-rich yogurt cheese as a cream-cheese substitute, spread on muffins, bagels, breads, cupcakes, etc.
- Make delicious dips or spreads from the yogurt cheese.

**Savory Dip** - Season with sea salt and desired herbs to taste.

**Sweet Dip** - Sweeten with a touch of stevia, maple syrup, or honey.  
Add in a little vanilla extract if desired.