



Yogurt Cheese & Whey

Makes 1 Cup
each

A Gut-Health Staple-This creamy yogurt cheese and nutrient-packed whey is a kitchen essential from my Wise & Wild Way. Ridiculously simple, versatile and delicious.

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 (less mess than cheesecloth)
- Strainer
- Bowl to catch the whey
- paper towel or lid

Directions

1. Line strainer with coffee filter; set over bowl.
2. Spoon yogurt into filter, cover with lid or towel, let stand overnight on counter.
3. By morning, whey collects in bowl, cheese stays in filter.
4. Save whey in mason jar, keep in fridge for fermenting/smoothies.
5. *Opt.* Mix cheese with garlic, green onion, oregano, salt.
6. Store cheese in glass container (fridge, ~1 month); whey lasts ~6 months..

Tips

- **Versatile Uses:** Smear cheese on sourdough, mix with herbs for dips, blend into dressings, drizzle with honey for treats, or stir into desserts. Use whey to ferment flours, soak grains, or boost smoothies. This Wise & Wild Way staple fits any meal.
- Experiment with other herbs!

