

KEYiF

# Kefir's Recepies

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KEYiF



**Recepie**

***Appetizers***

Volume: 1





# MEXICAN STREET CORN NACHOS

## INGREDIENTS

Serving: 2-4

- 3 cups frozen corn
- dash of salt and pepper
- 1 jalapeño, seeded and diced
  - 2 tbsp. lime juice
- 1/4 cup sour cream
  - 2 tbsp. mayo
- 2-3 handfuls of tortilla chips
- 1/4 cup Shredded cheese, like cheddar or Monterey Jack
  - 2 tbsp. Farmer Cheese
  - Cilantro, for garnish

## DIRECTIONS

1. Season corn with salt and pepper. Cook in a skillet or nonstick pan for 2 minutes over medium heat.
2. Remove corn from stove and mix with jalapeño and 1 tablespoon of the lime juice.
3. In a small bowl, combine mayo, sour cream and remaining lime juice.
4. Add tortilla chips to a skillet or baking dish. Sprinkle with shredded cheese.
5. Bake for 5 minutes at 375°F. Add corn, mayo mixture and Farmer cheese. Garnish with cilantro.

## NOTES

This savory, cheesy dish for Mexican Street Corn Nachos makes a great snack or appetizer for any occasion. And because we use KEYiF's Farmer Cheese, this plate is loaded with protein, calcium, and probiotics



# AVOCADO PEACH SALSA TOAST

## INGREDIENTS

Servings: 2-4

- 2 medium ripe peaches, diced
- 1 ripe avocado, diced
- 1 ear of corn, kernels only
- 3 tbsp. finely diced red onion
- 1 jalapeño, diced
- 1 lime, juiced
- Salt and pepper
- Cilantro
- Bread of choice
- 1/2 cup Farmer Cheese

## DIRECTIONS

1. Put all ingredients except bread and farmer cheese in a medium bowl and mix together.
2. Layer the toasted bread with farmer cheese and avocado peach salsa, then enjoy!

## NOTES

Our Avocado Peach Salsa Toast is a lunchtime snack that will keep you coming back. It's all about the ingredients. Over a bed of tangy KEYiF's Farmer Cheese, sweet peaches and buttery avocados soften the taste of spicy jalapeño and sharp onion, creating a flavor combination that is absolutely divine. Your body will love this too.





# COWBOY CAVIAR

## INGREDIENTS

Servings: 10-12

- 3 Roma tomatoes seeds removed, diced
- 2 ripe avocados diced
- $\frac{1}{3}$  cup red onion diced
- 15 oz black beans rinsed and drained
- 15 oz black eyed peas rinsed and drained
- 1  $\frac{1}{2}$  cups frozen sweet corn thawed (I just usually toss it in the salad frozen unless I plan on eating it immediately, it thaws quite quickly)
- 1 bell pepper diced (I used half a green and half a red, but color doesn't matter)
- 1 Jalapeño pepper seeds removed, diced into very small pieces
- $\frac{1}{3}$  cup Cilantro finely chopped
- For the dressing:
- $\frac{1}{3}$  cup olive oil
- 2 tablespoons lime juice fresh preferred
- 2 tablespoons red wine vinegar
- 2 tbsp Plain Kefir
- 1 teaspoon sugar
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- $\frac{1}{4}$  teaspoon garlic powder
- Tortilla chips for serving
- Farmer Cheese for Topping Farmer Cheese

## DIRECTIONS

1. Combine tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, Jalapeño pepper, and cilantro in a large bowl. Toss/stir well so that ingredients are well-combined.
2. In a separate bowl, whisk together kefir, olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder.
3. Pour dressing over other ingredients and stir/toss very well. Top with Farmer Cheese crumbles.
4. Keep refrigerated. If not serving immediately, be sure to toss/stir well before serving.

Note: If you're ready for something new to try, you've got to try this probiotic Cowboy Caviar.





# PROBIOTIC PINK DIP

## INGREDIENTS

Servings: 4-6

- For the Dip; 1 tbsp. Water
- 2 tbsp. sunflower seed oil
- 2 tbsp. raw honey (or maple syrup/agave nectar if vegan)
- 1 tsp. distilled vinegar
- 1 tsp. garlic powder
- 2 cups frozen pitaya (dragon fruit)
- pinch pink Himalayan sea salt
- 1 tbsp. savory dried spices (all-purpose, your favorite mix, whatever!)
- 1/2 lemon, juiced
- 1/4 cup Plain Kefir
- 1/2 tsp citric acid (found in the canning section at the store)
- For the Snacks Board: (use whatever of these you like!)
- Waffle Fries
- Steak fries
- Sweet potato fries
- 1 tbsp. brown sugar or coconut sugar
- 6-10 dates
- 6-10 slices of prosciutto
- Air fried pickles:
- Sliced pickles
- 2 tbsp. olive oil
- 1/4 cup flour of choice
- 1 tsp. ranch seasoning of choice

## DIRECTIONS

1. Blend together all ingredients for the dip/sauce in a blender until creamy.
2. For the prosciutto wrapped dates, if using, wrap pitted dates in bacon, sprinkle brown sugar on top and bake for 15 mins on 350 degrees.
3. For the fried pickles, add cut pickles into a plastic baggie, add in olive oil, flour, and ranch seasoning. Toss until well coated. Add to air fryer at 400 degrees for 12-14 minutes or until golden
4. Cook fries as instructed.
5. Layer all fries, bacon wrapped dates, and air fried pickles on a board. Add in pink probiotic dip in a small dish and layer on the board.

Notes: This sauce has us tickled pink! Elevate your appetizers with a bright, blushing dip that'll have your dinner guests smiling from ear to ear.





# PGARDEN VEGGIE FLATBREAD

## INGREDIENTS

Servings: 2-4

- 2 whole-grain naan flatbreads or pita flatbreads
- 2 tsp. olive oil
- 1 medium tomato, thinly sliced
- 1/4 cup onion, thinly sliced or chopped
- 1/2 cup shredded part-skim mozzarella cheese
- 2 tablespoons Farmer Cheese
- 1/2 tsp. dried oregano
- 1/2 tsp. dried basil or marjoram
- 1/2 tsp. garlic powder
- 1/4 sp. onion powder
- 1 tsp. balsamic vinegar
- 1/2 tsp. coarse grind sea salt

## DIRECTIONS

1. Grill the flatbreads covered over medium, indirect heat for 2-3 minutes on in or outdoor grill (just until the bottoms are slightly browned).
2. Remove flatbreads from the grill and brush the sides with olive oil. Top with tomato slices and onion, leaving at least 1/2 inch on the outer sides.
3. In a small bowl, add both the mozzarella and Lifeway Farmer Cheese along with the spices. Sprinkle this over the veggies and drizzle the balsamic vinegar on top.
4. Return flatbreads to the grill and cook, covered for 2-3 minutes longer until both kinds of cheese are slightly melted. Cut into wedges and serve with a fresh garden salad.

Note: Flat is where it's at this Toast Tuesday with our #recipe for Garden Veggie Flatbread We take whole-grain naan, top it with seasonings and load it with juicy tomatoes, chopped onions, and Farmer Cheese. Then we grill it to perfection.





# STRAWBERRY AVOCADO TOAST

## INGREDIENTS

Servings: 2-4

- 1 avocado, diced
- 1 pint strawberries, halved
- 6 cups baby spinach
- 1/2 red onion, chopped
- 2 tbsp honey
- 2 tsp dijon mustard
- 1 tsp sea salt and ground pepper
- Avocado oil
- 1/3 cups almonds
- 1 cup Farmer Cheese
- bread of choice

## DIRECTIONS

1. In a bowl, mix together all ingredients except farmer cheese and bread
2. Top toasted bread with farmer cheese, and bowl of strawberry avocado mixture, enjoy

Note: Strawberry Avocado Toast is a tasty and simple combination of succulent strawberries, buttery avocados, bold mustard, crisp onions, and tangy Farmer Cheese. It makes for a sweet and savory mix that is so good it needs to be tasted to be believed.





# STUFFED MEDITERRANEAN NAAN

## INGREDIENTS

Servings: 8-10

- For Naan Dough:
- 2 cup all purpose flour
- 1 packet of dry active yeast
- 2 tsp. sugar
- 2 tbsp. oil
- salt
- flour for dusting and rolling
- Filling:
- handful of spinach, chopped
- 1 cup Farmer Cheese
- 1/3 cup red onion
- 1 tomato
- 1/2 cup mozzarella cheese
- 1/2 cup mozzarella cheese
- Topping:
- 4 tbsp. melted butter
- pinch of salt
- 1-2 tsp. garlic powder
- cilantro

## DIRECTIONS

1. Dough:
2. Take a  $\frac{3}{4}$  cup warm water in a mixing bowl, add sugar and yeast; mix well, cover it for 7-8 minutes or till bubbly foamy texture.
3. Add two cups of flour, oil, and salt to the prepared yeast mixture mix well, knead for about 3-4 minutes. If needed then use water and make a smooth dough like elastic.
4. Apply few drops of oil on dough, cover it and keep a side for 30 minutes or until it doubles in size.
5. Filling:
6. Heat oil in a pan, add chopped spinach and red onion and cook down until spinach is soft.
7. Transfer to a bowl, add in chopped tomato, farmer cheese, mozzarella cheese, and seasonings.
8. Process:
9. Take the prepared dough, punch it down, and knead it again for 2 minutes and divide the dough into the medium sized balls.
10. Take one ball, dust in flour, roll it and make thick circle disk, place the filling on the disk and close the edges and form into a ball.
11. Dust the ball into the flour again and roll back out into flat surface.
12. Melt butter and add in salt and garlic powder.
13. Heat a griddle, apply little water on rolled naan, place it on the griddle when hot and cook for a minute or till bubbles will come out on the Naan surface
14. Roast all side of the Naan directly on high flame till golden brown spotted on each side and cool on rack.
15. On the rack, top with melted butter (save some for later), transfer over to oven sheet, and bake on the highest temperature for 5 minutes. top with the remaining butter mixture and add chopped cilantro .

Note: This recipe is second to Naan! We've taken this traditional flatbread delight and filled it with leafy spinach, tangy onion, juicy tomato, gooey mozzarella, and Farmer Cheese





## SWHIPPED FARMER CHEESE AND SMOKED SALMON TOAST

### INGREDIENTS

Servings: 5-6

- 1/2 cup Farmer Cheese
- 1 tsp soy sauce
- 1 cucumber
- 1 tbsp capers
- 1 red onion, thinly sliced
- 1 package smoked salmon
- fresh dill
- black sesame seeds

### DIRECTIONS

1. Whip together farmer cheese and soy sauce.
2. Top on sourdough bread.
3. Layer in cucumbers, red onion, smoked salmon, capers, dill, and sesame seeds.

Note: You're going to love this toast a lox! Our Whipped Farmer Cheese and Smoked Salmon Toast is a rich and filling upgrade from your standard bagel and lox. Our protein-rich Farmer Cheese is the secret ingredient. The crisp slices of cucumber and delicately folded slivers of salmon, combined with this probiotic spreadable cheese create an invigorating combination of smoky and savory flavors with a lightly tangy finish.



# EGG SALAD TOAST

## INGREDIENTS

Servings: 8-10

- 1 dozen eggs
- 1 bulk of chives
- 1 cucumber, chopped
- 1 avocado, chopped
- 1 tbsp lime juice
- 1 tsp sriracha
- 4-5 tbsp mustard
- 1/2 cup mayo
- 1/2 cup Farmer Cheese
- 2 slices of your favorite bread of choice
- handful of spinach
- salt, to taste
- pepper, to taste
- paprika, to taste
- garlic powder, to taste

## DIRECTIONS

1. Carefully crack open a dozen eggs in a pan safe for an Instant Pot. Fill bottom of an Instant Pot with half a cup of water. Don't have an Instant Pot? Just boil your eggs on the stove instead you normally would and skip step 2 below.
2. Close your Instant Pot and on normal-high pressure, cook for 9 minutes.
3. Takeout your eggs, let cool, and carefully flip them upside down and chop up.
4. In a bowl, add chopped eggs, chives, chopped cucumber, chopped avocado, lime juice, sriracha, mustard, mayo, farmer cheese, salt, pepper, paprika, and garlic powder and mix together to combine.
5. Toast your favorite bread, and on one slice, add the egg salad mixture, and then top with spinach and another slice of toasted bread and enjoy.

Note: We're pretty egg-cited about this recipe because it's packed with probiotics and unlike your ordinary slice of egg salad toast.





# RASPBERRY JALAPEÑO TOAST

## INGREDIENTS

Servings: 2-4

- 2 cups raspberries
- 2 tsp. cane sugar or sweetener of choice
- 2 jalapeños, chopped
- 1/2 cup Farmer Cheese
- Toast of your choosing (use gluten-free if needed)

## DIRECTIONS

1. In a medium pot, cook down raspberries and add cane sugar (or your choice sweetener) on medium high heat to help the raspberries cook down and combine with the sugars to caramelize the flavor.
2. Once the raspberries thicken up, add in chopped jalapeños.
3. Jar the jam and let it cool.
4. Toast bread, top with Farmer Cheese and Raspberry Jalapeño Jam , and enjoy!

Note: Our Raspberry Jalapeño Toast is not your average piece of toast, we can say that for sure. The hot flavor of jalapeños peppers mixed with cool sautéed raspberries and our protein-rich Farmer Cheese is a treat for the senses; it's sweet, spicy, tangy, and creamy.



# SPRING HUMMUS AND PRETZEL TOAST

## INGREDIENTS

Servings: 2-4

- 2 cans chickpeas (garbanzo beans), rinsed, drained
- $\frac{1}{3}$  cup tahini
- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{3}$  cup Farmer Cheese
- 1 garlic bulb, roasted
- 1 tsp. salt, more for taste
- 1 tsp. black pepper, more for taste
- 2 tsp. Everything bagel seasoning
- $\frac{1}{2}$  cup fresh parsley
- $\frac{1}{2}$  cup chopped cucumber
- $\frac{1}{4}$  cup pine nuts
- $\frac{1}{2}$  cup crushed pretzels (gluten free)
- Olive oil for topping
- $\frac{1}{4}$  cup dried red chilli flakes
- additional Farmer Cheese for crumbles
- Sourdough bread (gluten free)

## DIRECTIONS

1. Roast garlic bulb with a bunch of olive oil (coat the bulb very well) in a preheated 350 oven for 20 mins.
2. In a food processor or blender, blend together chickpeas, tahini, lemon juice, Lifeway Farmer Cheese, roasted garlic, salt, pepper, everything bagel seasoning until well blended (no lumps)
3. Toast sourdough bread. Meanwhile, chop cucumbers, parsley, and chop pretzels with a food chopper.
4. Spread hummus over toast, and top with chopped cucumbers, parsley, pretzels, pine nuts, red chilli flakes, additional Farmer Cheese crumbles, extra salt, pepper, everything bagel seasoning and olive oil.

Note: This Spring Hummus and Pretzel Toast recipe might just become your new favorite toast recipe. Why? It's not only delicious, but the perfect combination of flavors and health properties





# SAUTÉED RADISH AND BACON TOAST

## INGREDIENTS

Servings: 2-4

- Sourdough
- 1 Cucumber
- 1/4 red onion
- 2 strips of Bacon
- 2-3 tbsp Farmer Cheese
- 2-3 radish bulbs
- Everything Bagel Seasoning
- Olive Oil

## DIRECTIONS

1. Slice onions and radishes
2. Over medium heat, add a dab of olive oil. Once the olive oil is heated up, add in sliced onions and radishes, cook until onion is soft. Remove and set aside
3. Cook bacon until crispy, let cool and then crush up
4. Chop cucumber into slices and then cut into fourths.
5. Add all cooked and uncooked ingredients you have prepared into a bowl, and mix together.
6. Spread farmer cheese onto toasted sourdough, add a scoop of your veggies and bacon in the bowl, top with everything bagel seasoning, salt and pepper, and drizzle with olive oil.

Note: Ready for a totally rad(ish) #ToastTuesday? Try our Sautéed Radish and Bacon Toast.



# ROASTED BEET AND CARROT SALAD

## INGREDIENTS

Servings: 5-6

- 2 whole carrots, shredded
- 1 teaspoon extra virgin olive oil
- 1/4 cup uncooked quinoa
- 1 cup cooked beets
- 1 medium apple
- 1/4 cup dried cranberries
- 1/4 cup crumbled Farmer Cheese
- 3-4 cups kale
- For the dressing:
- 3 tbsp extra virgin olive oil
- 2 tsp honey
- 1 tsp dijon mustard
- 1 tbsp Plain Kefir
- salt and pepper

## DIRECTIONS

1. Chop beets and shred carrots.
2. In a preheated oven to 425 degrees, on separate pans, add chopped beets and on the other shredded carrots. Drizzle olive oil over both, and salt and pepper over carrots. Cook for 15-20 minutes or until carrots and beets start to shrivel up.
3. Cook quinoa according to package instructions.
4. To make the dressing, whisk together the olive oil, balsamic vinegar, honey, kefir, and dijon mustard. Season with salt and pepper, to taste.
5. In a large bowl, toss together Kale, cooked quinoa, Roasted Carrots, Roasted beets, apple, cranberries, and Farmer Cheese. Drizzle with dressing and toss to coat. Enjoy!

Note: Nothing beats a good fruit and vegetable medley, especially when it's elevated by Farmer Cheese..





# PROSCIUTTO AND ASPARAGUS CROISSANT

## INGREDIENTS

Servings: 5-6

- 3 oz Prosciutto
- 1 large bunch Asparagus, thin
- 1 Basil leaves and thyme, fresh
- 3 cloves Garlic
- 2 tbsp Honey
- 1 Kosher salt and black pepper
- 1 pinch Red pepper flakes
- 1 tbsp Apple cider vinegar
- 6 tbsp Olive oil, extra virgin
- 1 package of Croissants
- 1-2 Cups Farmer Cheese
- Salt and Pepper

## DIRECTIONS

1. On a baking sheet, toss asparagus and garlic with olive oil, salt and pepper.
2. Drape prosciutto over asparagus and bake at 425 degrees for 15-20 minutes.
3. Meanwhile, in a bowl, mix together honey, vinegar, and crushed red pepper flakes.
4. Toast the bottom of the croissant, add a layer of Farmer Cheese, bakes asparagus and prosciutto, and top with honey mix.

Note: Sometimes we like to ham it up. This #ToastTuesday, we're combining a few thin strips of prosciutto with crunchy, baked asparagus and serving it over a blanket of Farmer Cheese on a toasted croissant. Farmer Cheese boosts this #recipe by loading it with #protein and #probiotics, so your bones, muscles, and gut are left happy.



# ROASTED TOMATO TOAST

## INGREDIENTS

Servings: 5-6

- 3 oz Prosciutto
- 1 large bunch Asparagus,  
thin
- 1 Basil leaves and thyme,  
fresh
- 3 cloves Garlic
- 2 tbsp Honey
- 1 Kosher salt and black  
pepper
- 1 pinch Red pepper flakes
- 1 tbsp Apple cider vinegar
- 6 tbsp Olive oil, extra virgin
- 1 package of Croissants
- 1-2 Cups Farmer Cheese
- Salt and Pepper

## DIRECTIONS

1. On a baking sheet, toss asparagus and garlic with olive oil, salt and pepper.
2. Drape prosciutto over asparagus and bake at 425 degrees for 15-20 minutes.
3. Meanwhile, in a bowl, mix together honey, vinegar, and crushed red pepper flakes.
4. Toast the bottom of the croissant, add a layer of Farmer Cheese, bakes asparagus and prosciutto, and top with honey mix.

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# KEFIR LABNEH

## INGREDIENTS

Servings: 8

- 3 cups Plain Whole Milk Kefir
- 1 1/2 tsp sea salt

## DIRECTIONS

1. Line a fine-mesh sieve with three layers of damp cheesecloth and set it over a large bowl. Mix the kefir and salt and pour it into the lined sieve. Allow it to drain for 24 hours in the refrigerator (or on a cool countertop). Transfer the drained labneh to a mason jar and store in the refrigerator.

Note: You're going to love #labneh. It's a Middle Eastern dish similar to Greek yogurt that can be used as a spread or dip. Our #recipe for this luscious, creamy cuisine comes from #TheKefirCookbook



# AIR FRYER BUFFALO CAULIFLOWER BITES WITH FARMER CHEESE DIP

## INGREDIENTS

Servings: 8-10

- Cauliflower Ingredients
- 5 cups cauliflower, chopped (1 medium head)
- ¼ cup Buffalo wing sauce
- 1 tsp extra virgin olive oil
- 1 tsp garlic powder
- ½ tsp sea salt (add more to taste)
- 1 tablespoon white whole wheat flour
- 1 tablespoon Buffalo wing sauce for serving
- Farmer Cheese Dip:
- 1 cup Farmer Cheese
- 1/2 cup parmesan cheese
- 1 tsp salt
- 1 tbps garlic powder
- 1 Egg Yolk
- lemon juice
- 1/2 tsp sesame seed oil
- 1 tsp dried parsley
- 1 tps Red Pepper flakes

## DIRECTIONS

- 1.Cauliflower Instructions:
- 2.In a large bowl, add the cauliflower, sauce, olive oil, garlic powder, salt and flour. Toss until sauce coats all of the cauliflower.
- 3.Farmer Cheese Dip Instructions
- 4.In a large bowl, mix all ingredients until blended well.
- 5.Air Fryer Directions:
- 6.Spray the air fryer grill with cooking spray and add cauliflower.
- 7.Set air fryer to 400 degrees and cook for 15 minutes. At 7 minutes toss cauliflower.
- 8.Cook a few minutes longer if you prefer charred and crispy bites.
- 9.After removing from air fryer, toss with a tablespoon of warmed sauce and serve.

Note: Kick off the big game with Air Fryer Buffalo Cauliflower Bites and a bowl of Farmer Cheese Dip. This healthier alternative to deep fried chicken wings will become your new favorite snack. The Farmer Cheese is packed with protein and loaded with probiotics, making it a great substitute ingredient for traditional dip recipes.





## AIR FRIED BRUSSELS SPROUT TOAST

### INGREDIENTS

Servings: 2-3

- 14oz bag of Brussels Sprouts
- 2 tbsp olive oil
- Salt/pepper to taste
- 3 tbsp honey
- 2 tbsp balsamic vinegar
- 2 tbsp red chili flakes
- Baguette
- 1/2 cup Farmer Cheese
- Blue Cheese

### DIRECTIONS

1. Trim, halve, and wash the Brussels sprouts. In a large bowl, toss them with olive oil, salt, and pepper.
2. Place brussels sprouts in the air fryer and cook at 400 degrees F for 12 minutes
3. In the meantime, add the honey and balsamic vinegar to a small saucepan over medium high heat. Bring to a rapid simmer for 2-3 minutes, whisking frequently. Remove from heat and add red chili flakes.
4. Slice and prepare Baguette's with a drizzle of olive oil and toast in an oven at 350 degrees until slightly browned and toasted.
5. When the Brussels sprouts are done cooking, toss them in a bowl with the prepared glaze.
6. Whip the Farmer Cheese with maple syrup and top sliced baguette. Add the brussels sprouts and top with blue cheese.

Note: Shout out to Brussels sprouts! These leafy little cabbages are high in fiber, vitamins, and minerals. For #ToastTuesday, we're putting a dish together that celebrates the sprout. First, our #probiotic Farmer Cheese is whipped with a kiss of maple syrup to accentuate its sweet and tangy flavor. Next, we lightly season a batch of Brussels sprouts and drop them in an air fryer to give them a nice, crispy coat. We spread the cheese on a toasted baguette and top with the sprouts.



## FIG & ARUGULA SALAD WITH MAPLE KEFIR DRESSING

### INGREDIENTS

Servings: 8-10

- Maple Kefir Dressing
- 1/4 cup Plain Whole Milk Kefir
- 2 tbsp tahini
- 1/2–1 tsp maple syrup
- 1 tbsp lemon juice
- 1/4– 1/2 cup filtered water (till desired consistency)
- pinch of salt
- pinch of black pepper
- Fig & Arugula Salad
- 4 -8 fresh figs, quartered
- 5 cups baby arugula
- 1/4 cup (8 tbsp) Farmer Cheese
- 1/4 cup walnut halves
- 1/2 cup fresh blueberries

### DIRECTIONS

1. Maple Kefir Dressing: whisk everything together
2. Fig & Arugula Salad: gently toss the dressing with the arugula and garnish with fresh figs, farmer cheese, walnuts, and blueberries.

Note: Manifest a balanced #microbiome by making our Fig & Arugula Salad with Maple Kefir Dressing. We took fresh figs and celebrated their fruity flavor by pairing them with peppery arugula, tart blueberries, tangy farmer cheese, buttery walnuts, and a sweet kefir dressing.





## BUTTERNUT SQUASH SALAD

### INGREDIENTS

Serving: 3-5

- Salad Base; 1 cup butternut squash
- 1 chopped garlic
- 1/2 tbs olive oil
- 2 cups shredded brussel sprouts
- 1/2 cup cashews
- 1/4 tsp turmeric
- 1/4 tsp garlic powder
- 1/4 tsp chili powder
- 1/2 cup cranberries
- 2 tbs fresh parmesan
- 3-4 cups of chopped kale (stem removed)
- for kale: 2 tbsp olive oil
- for kale: 1/2 tsp salt
- for kale: 1 tbs lemon juice
- salt/pepper to taste
- Dressing ; 1 tsp olive oil
- 3 tbs Plain Whole Milk Kefir
- 2 tbs Farmer Cheese
- 1 tsp chives
- 1/8 tsp salt + 1 tsp garlic powder
- 1/2 tsp chili Flakes + 1/2 squeezed lemon

### DIRECTIONS

1. Toss butternut squash, shredded brussel sprouts, and cranberries in garlic, olive oil, and salt/pepper. Roast in an oven for 10-15 minutes, or until butternut squash is soft and brussel sprouts are golden brown.
2. Toss cashews in olive oil, turmeric, garlic powder, and chili powder. Roast for 5 mins or until golden brown.
3. While the veggies are roasting, you can prepare the dressing. Add all the ingredients for the dressing and mix until all evened out and smooth.
4. In a large bowl, toss chopped kale with olive oil, lemon juice, and salt. Set aside.
5. Once your veggies are done roasting, set aside to slightly cool.
6. Fill bowl or plate with your kale, roasted butternut squash, brussel sprouts, cashews, and cranberries. Lightly toss with kefir dressing -- serve.

Note: Add beautiful color to your holiday feast with a side of our Butternut Squash Salad.



## CHEESY GUACAMOLE

### INGREDIENTS

Serving: 4-6

- 3 large avocados, mashed
- 3-4 tbsp. fresh lime juice
- 1/2 tsp cayenne pepper
- 1/2 tsp ground cumin
- 1/2 - 1 cup Farmer Cheese
- 1/2 purple onion, finely chopped
- 2 Roma tomatoes, finely chopped  
(seeds removed)
- 1/2 jalapeno pepper, minced (no  
seeds)
- 2 cloves garlic, minced
- 1/4 cup fresh cilantro leaves,  
chopped
- sea salt, to taste

### DIRECTIONS

1. Mix everything together in a bowl and garnish with extra farmer cheese, onion, cilantro, diced tomatoes, and olive oil.

Note: This recipe is going to guac your world! Celebrate National Guacamole Day with our #protein packed Cheesy Guacamole. This slightly spicy and a touch tangy dip is the perfect companion to your favorite chip, veggie, or even spoon.





## ROASTED BEET HUMMUS

### INGREDIENTS

Serving: 2-4

- 1 large red beet, scrub the outside of it and peel the skin
- 1 can chickpeas, rinsed, drained
- $\frac{1}{3}$  cup tahini
- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{3}$  cup Farmer Cheese
- 1 garlic clove, minced
- 1 tsp salt, more for taste
- 1 tsp black pepper, more for taste
- $\frac{1}{4}$  teaspoon ground coriander
- mint leaves, chia seeds, and olive oil (for serving)

### DIRECTIONS

1. Preheat oven to  $425^{\circ}$ . Wrap beet in foil and place on a baking sheet. Roast until a fork slides easily into the center of the beet, 65 minutes. Let sit until cool enough to handle.
2. Once cooled, cube up the beet.
3. Add cooked beet, chickpeas, tahini, lemon juice, Farmer Cheese, garlic, salt, pepper, and coriander in a food processor until smooth.
4. Garnish with fresh mint leaves, chia seeds, and olive oil.

Note: Home is where the hummus is! Celebrate International Hummus Day with our vibrant and earthy Roasted Beet Hummus. This bright and gorgeous hummus is full of protein and probiotics.



## RFARMER CHEESE BLACKBERRY PIZZA

### INGREDIENTS

Serving: 2-6

- 1 Sourdough Crust\*
- 1 small package of fresh blackberries 6oz
- 1 cup Farmer Cheese
- 1/4 cup shredded mozzarella
- 1/2 cup grated Parmesan cheese
- 1-2 tsp extra virgin olive oil
- 5 basil leaves sliced into strips

### DIRECTIONS

1. Preheat oven at 350 degrees.
2. Rub the olive oil along the pizza crust. Smash half of the blackberries and spread out over the crust along with small tablespoons of Farmer Cheese.
3. Top with mozzarella, parmesan cheese, and scatter remaining blackberries over the pizza.
4. Bake for 15 to 20 minutes, until cheese starts to brown. Scatter basil leaves over the pizza during the last few minutes of baking.
5. Drizzle the rest of the extra virgin olive oil over the pizza and enjoy!

Note: From garden to oven, our farmer cheese blackberry pizza is a creative way to use the abundance of berries you'll pick (or pick up at the farmers market) this spring..



# RRASPBERRY BLACK BEAN DIP

## INGREDIENTS

Serving: 5-6


- Raspberry Chipotle Sauce
- 1 cup fresh raspberries
- 1/2 cup coconut sugar (or cane sugar)
- 1-2 chopped jalapeños
- 2 tsp apple cider vinegar
- 1 tbsp water
- 2 chopped chipotle peppers (canned)
- 2 tbps minsed garlic
- 1-2 tsp salt (to taste)
- liquid smoke
- Black Bean Dip
- 1 can black beans
- 1 tbsp cumin
- 1 tsp salt (to taste)
- 1 tsp pepper (to taste)
- 2 tbsp olive oil
- 1 white onion
- 2 tbsp minsed garlic
- 1 cup monetary jack cheese
- 6oz Farmer Cheese

## DIRECTIONS

1. Raspberry Chipotle Sauce: In a food processor, mix together all ingredients. Set aside.
2. Pre-heat oven to 400 degrees
3. Over medium heat, add (rinsed) black beans, cumin, salt, and pepper to a skillet
4. Chop a full onion and toss it in a separate skillet along with olive oil
5. Once the chopped onions are sautéed, add in a full clove of chopped garlic. Cook for about 2 minutes
6. In a bowl, toss farmer cheese, and sautéed onion and garlic mixture
7. Add the farmer cheese mixture in a pile to the middle of an oven ready pan (create a dint in the middle of the cheese, like a volcano)
8. Add the black bean mixture around the pile of the farmer cheese mixture in the same pan
9. Add the raspberry chipotle sauce to the center of the farmer cheese mixture
10. Add monetary jack cheese on-top of the mixture
11. Put in pre-heated oven for 15 minutes or until cheese is completely melted
12. Once baked, mix it all together and serve

Note: After one bite we guarantee you'll rate our Raspberry Black Bean Dip a 10/10.





## ROASTED SQUASH WITH GREEN GODDESS TAHINI

### INGREDIENTS

Serving: 5-6

- Roasted Squash
- 2 medium acorn squash (halved, seeded, and sliced 1 inch thick)
- 1 tbsp extra-virgin olive oil
- $\frac{1}{2}$  tsp ground ginger powder
- $\frac{1}{4}$  tsp salt
- Green Goddess Tahini
- $\frac{1}{2}$  cup packed fresh cilantro
- $\frac{1}{2}$  cup packed fresh parsley
- $\frac{1}{2}$  cup tahini
- $\frac{1}{2}$  cup Plain Kefir
- $\frac{1}{4}$  cup extra-virgin olive oil
- 2 tsp lemon zest
- $\frac{1}{4}$  cup lemon juice
- 2 cloves garlic
- $\frac{1}{2}$  tsp salt

### DIRECTIONS

1. Preheat oven to 400 degrees F. Line a large baking sheet with parchment paper.
2. Place the squash on the baking sheet and toss with oil, ginger, and salt. Roast until tender, 30 to 35 minutes.
3. Combine cilantro, parsley, tahini, kefir, oil, lemon zest, lemon juice, garlic, and salt in a blender. Blend until smooth.
4. Top roasted squash with a hearty drizzle of green goddess tahini.

Note: The first day of October calls for Roasted Squash with Green Goddess Tahini.



## FARMER CHEESE PLATTER

### INGREDIENTS

Serving: 5-6

- thin salami slices
- Farmer Cheese
- toasted french baguette
- fresh cantaloupe

### DIRECTIONS

1. Create your own toast using these amazing ingredients! Top the farmer cheese with salt, pepper, and olive oil.

Note: There's no right or wrong way to make toast? That's right! We made this Farmer Cheese Platter so you can enjoy toast your way. Our platter includes cantaloupe slices, salami rolls, and our farmer cheese topped with olive oil and pepper.



## HERBED CHEESE IRISH SODA BREAD

### INGREDIENTS

Serving: 5-6

- 1/2 cup chopped herbs, fresh (parsley, chives, and thyme)
- 1 egg
- 1 1/2 tsp baking soda
- 4 cups flour all-purpose
- 1 tsp salt
- 2 cups Plain Kefir
- 1 cup cheddar cheese, grated

### DIRECTIONS

1. Preheat the oven to 350 degrees and line a cast iron pan with baking/parchment paper.
2. In a large mixing bowl, mix together the dry ingredients.
3. Start to whisk an egg into the kefir and pour it into the dry ingredients.
4. Mix the dough until it just starts to come together then add the cheese and fresh herbs.
5. Continue mixing until the dough just comes together. The dough will be sticky and not too smooth.
6. Transfer to the cast iron pan then score an X onto the top with a knife. Cover with the lid and place in the preheated oven.
7. Bake for 30-45 minutes or until the bread is cooked through and golden brown on top. Skewers inserted will come out clean.
8. Remove from the oven and allow to cool for 10-15 minutes before slicing and serving with kefir butter.

Note: Can you pass the bread please? That is something you are going to hear a lot of at the Thanksgiving table when everyone sees the Herbed Cheese Irish Loaf you've made! With 7 ingredients, including our plain kefir, the texture of this recipe is moist and fluffy.





## ROASTED PUMPKIN DIP

### INGREDIENTS

Serving: 4-6

- Kefir Mixture
- 1 cup Farmer Cheese
- 1/2 cup Plain Whole Milk
- Kefir
- 1/2 tsp garlic powder
- 1/2 tsp chili powder
- pinch of salt
- Pumpkin Spread
- 2 cups roasted pumpkin
- 1/2 tsp dried parsley
- 1/2 tsp dried sage
- 1/2 tsp salt
- pinch of pepper
- 1 small garlic clove
- 1-2 tbsp olive oil
- 2 tbsp nutritional yeast

### DIRECTIONS

1. In a 350 degree oven roast peeled and cubed pumpkin in olive oil, salt, and dried thyme. Once roasted, blend in the blender with garlic sage, and yeast.
2. Top the kefir bowl with olive oil, herbs, and the roasted pumpkin spread.

Note: Keep the vampires away with this spooky season with our creamy and garlicky Roasted Pumpkin Dip. Slather herbed pumpkin on top of whipped farmer cheese and whole milk, drizzle with olive oil to make this the perfect dip for any protein, bread, or veg.

KEYiF

**To be continued in  
volume 2 ...**