

MADE *with* LIFEWAY

ISSUE 05 | SUMMER 2016



Lifeway

Lifeway Kefir is the ultimate secret ingredient that every chef needs in his or her kitchen. It's a tart and tangy cultured milk beverage with a creamy consistency and a hint of effervescence. Our plain, unsweetened kefir options can fill a wide variety of culinary roles, both sweet and savory. Our flavored varieties are perfect in pancakes, smoothies, desserts, and so much more.

*Discover our favorite ways to add some
Lifeway to your day.*

Summer 2016





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BREAKFAST OR SNACK

Kefir Fruit Dip

YIELD: 1 cup

ACTIVE TIME: 5 minutes

COOK TIME: 5 minutes

INGREDIENTS

$\frac{1}{4}$ cup Lifeway Madagascar
Vanilla Low Fat Kefir

$\frac{3}{4}$ cup heavy whipping cream

DIRECTIONS

BEAT HEAVY CREAM AND KEFIR with an electric mixer until whipped into a fluffy consistency.

SERVE with your favorite fruit.



PAIR OUR KEFIR FRUIT DIP with a side of fruit for a light and healthy dessert. Satisfy your sweet tooth with an added dose of probiotics.



FOR A TASTY TREAT THAT'S HIGH IN PROTEIN,
*probiotics, omega-3s and flavor, whip up a batch of our
Kefir Chia Pudding! Prep it the night before for a quick
and healthy breakfast.*



Kefir Chia Pudding

YIELD: 2-3 servings

ACTIVE TIME: 10 minutes

COOK TIME: 5 hours to 1 day

INGREDIENTS

- 1** cup Lifeway Madagascar Vanilla Low Fat Kefir
- 3** tbsp chia seeds
- 2** tbsp sweetener of choice (we like honey), optional Golden cherries, sliced fig, pomegranate seeds or chopped mango, to garnish

DIRECTIONS

ADD KEFIR, CHIA SEEDS, and optional sweetener to a mixing bowl. Whisk well to combine.

COVER THE MIXING BOWL and let it sit in the fridge overnight, or for at least 5 hours.

TO SERVE, spoon chilled pudding into serving cups and garnish as desired.

Seamus Mullen

CHEF PROFILE

As an award-winning New York chef, restaurateur and cookbook author, Seamus Mullen is known for his inventive yet approachable Spanish cuisine, and a leading authority on health and wellness. He opened his first solo restaurant Tertulia in Manhattan in 2011, which was awarded two stars from *The New York Times* and a finalist for the James Beard Foundation Award for Best New Restaurant.

More recently, Seamus has become a leading authority in the conversation on food, health and wellness. An avid cyclist who raced competitively in his twenties, he was diagnosed in 2007 with rheumatoid arthritis, an autoimmune disease that forced him to rethink his relationship with food, and led to his first cookbook *Hero Food*, published in 2012. Through food, exercise and lifestyle changes, Seamus was able to successfully turn his health around. He shares his story through numerous speaking engagements around the country, and has been featured in major publications such as *The Wall Street Journal*, *Chicago-Tribune*, and *The Guardian*. As a testament to his newly reclaimed health, in November 2014 he raced in La Ruta de Los Conquistadores, one of the most challenging mountain bike races in the world.



LIFEWAY KEFIR COLLAB

Seamus partnered with Lifeway in 2015, bringing his distinct style and charisma to the Lifeway family. Seamus, whose motto is “real food heals,” focuses heavily on the healing effects of eating whole, natural foods.

He develops recipes for Lifeway using our kefir products and represents us at various food and cultural events throughout the country. Two of our favorite recipes are his energizing Power Granola and his refreshing Summer Tomato and Watermelon Gazpacho. Both recipes can be found on our website and are made extra delicious with the help of our creamy Organic Whole Milk Plain Kefir.

This past summer, Seamus joined Lifeway at their first ever Taste of Chicago. We sampled our products, while Seamus demonstrated how to prepare three recipes featuring Lifeway Kefir:

Tomato and Watermelon Gazpacho with Kefir **12**

Summer Crudit  with Kefir
Garlic and Herb Dip **14**

Grilled Chicken Skewers with
Cucumber and Lifeway Raita **16**



If you weren't able to make it to Taste of Chicago, you're not out of luck! You can even watch replays of his cooking demonstrations by visiting our Facebook Live videos [here](#)



12
Tomato and
Watermelon
Gazpacho



THIS REFRESHING GAZPACHO can easily transition from a light lunch to the perfect appetizer for your summer dinner party. The freshness of the tomato, sweetness of the watermelon, and tang of the kefir work in perfect harmony to make this dish a crowd pleaser.

Tomato and Watermelon Gazpacho with Kefir

YIELD: 4 cups

ACTIVE TIME: 30 minutes

COOK TIME: 1 hour 15 minutes

INGREDIENTS

- 1** cup Lifeway Organic Plain Whole Milk Kefir
- 2** cups vine ripe tomatoes, roughly chopped
- 1** cup seedless watermelon, peeled and roughly chopped
- 3** cloves of garlic, smashed
- ¼** cup extra virgin olive oil
- 2** tbsp white wine vinegar
- ½** cup red bell pepper, seeded
- ½** cup English cucumber, peeled and seeded
- salt and pepper to taste
- diced avocado and watermelon, to garnish
- fresh basil and sprouts, to garnish

DIRECTIONS

COMBINE ALL OF THE ingredients except the olive oil into a large mixing bowl.

PLACE THE BOWL into the refrigerator and let it marinate for at least an hour.

ADD EVERYTHING in the mixing bowl to the blender and process until smooth.

WITH THE MOTOR RUNNING, slowly drizzle in the olive oil and season with salt and pepper. (If you cannot run your blender's motor with the lid off, add the olive oil in batches, blending thoroughly each time.)

SERVE IN A GLASS, garnish with diced avocado and diced watermelon. Add a drizzle of olive oil and a sprig of torn basil or sprouts.

Summer Crudité With Kefir Garlic and Herb Dip

YIELD: 2 servings

ACTIVE TIME: 30 minutes

COOK TIME: 1 hour 15 minutes

INGREDIENTS

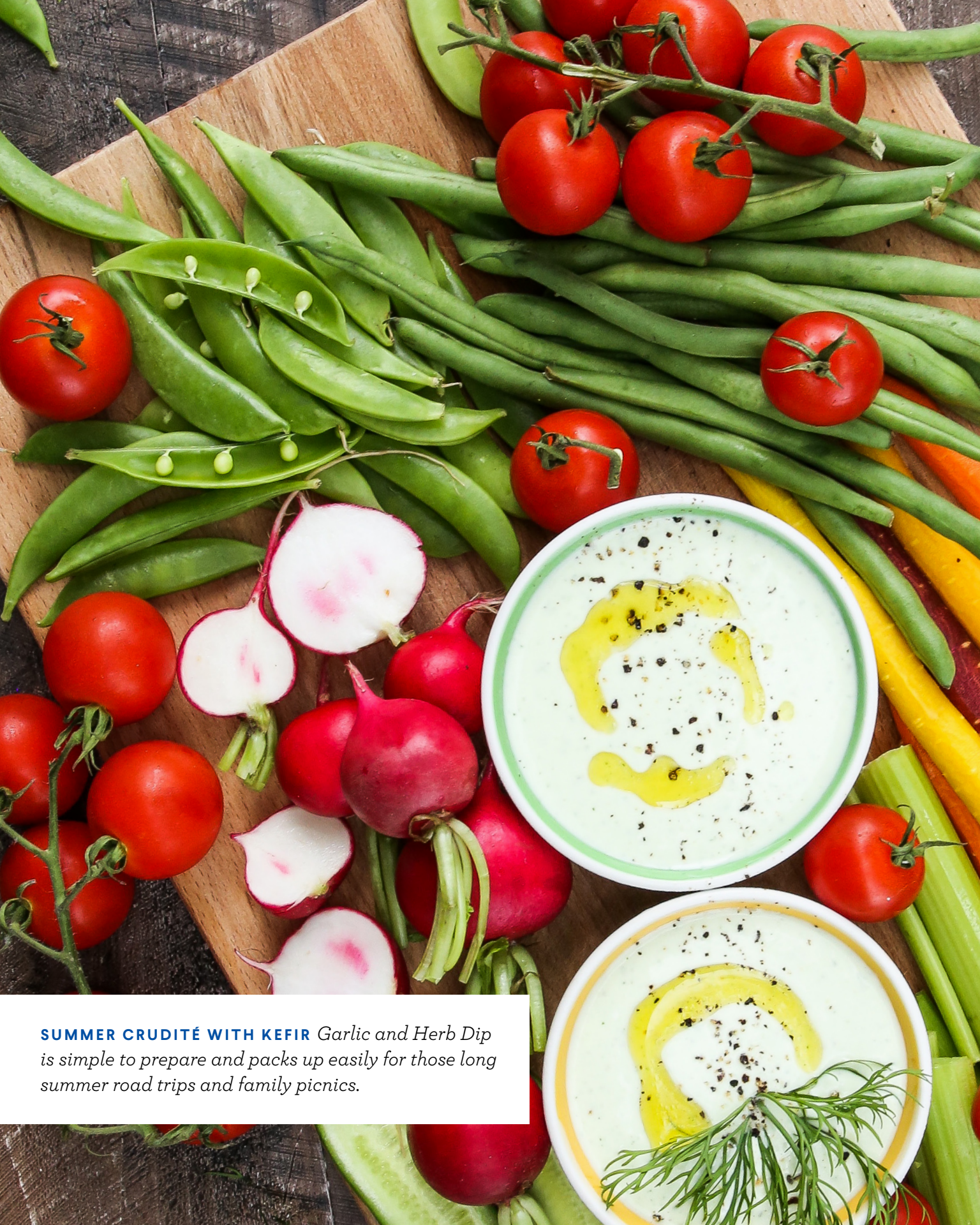
- 1** cup Lifeway Organic Plain Whole Milk Kefir
- ¾** cup soft goat cheese
- 1** sprig of dill
- 1** sprig of basil
- 1** sprig of tarragon
- 1** sprigs of chives
- ½** clove garlic
- 2** tbsp extra virgin olive oil
zest and juice of 1 lemon
sea salt and fresh pepper
- 4** cups of mixed, cut vegetables
(i.e. carrot sticks, cherry tomatoes,
radishes, celery, etc.)

DIRECTIONS

ADD ALL OF THE INGREDIENTS except for the vegetables into the base of a food processor. Pulse to process until smooth.

POUR THE DIP into a portable, sealable container and refrigerate at least an hour before serving.

SERVE WITH cut mixed vegetables and enjoy!



SUMMER CRUDITÉ WITH KEFIR *Garlic and Herb Dip is simple to prepare and packs up easily for those long summer road trips and family picnics.*



NO SUMMER IS COMPLETE without our Grilled Chicken Skewers with Cucumber and Lifeway Raita! Keep it vegetarian by using tofu and your favorite veggies!

Grilled Chicken Skewers with Cucumber and Lifeway Raita

YIELD: 6 skewers as a starter

ACTIVE TIME: 20 minutes

COOK TIME: an hour to a day

INGREDIENTS

FOR THE SKEWERS

- 2 cups Lifeway Low Fat Plain Kefir**
- 1** lb boneless chicken thighs, cut into 1" cubes
- 1** tbsp fresh turmeric, finely grated
- 1** tbsp ground coriander seeds
- 2** cups cherry tomatoes
- 2** cups eggplant, cubed into 1" pieces
- zest of 1 lemon
- salt and pepper

FOR THE RAITA

- 2 cups Lifeway Organic Whole Milk Plain Kefir**
- 1** cup cucumber, peeled, seeded and finely diced
- ½** clove garlic
- 1** Tbsp fresh ginger, grated
- ¼** cup minced mint leaves
- ¼** cup minced cilantro, to garnish
- ¼** cup minced cilantro to garnish
- ¼** cup extra virgin olive oil
- sea salt and fresh pepper, to taste
- zest and juice of 1 lemon

DIRECTION

FOR THE SKEWERS

SEASON THE CHICKEN with salt and pepper. Combine remaining ingredients in a large bowl and add the chicken. Cover and refrigerate for at least an hour and up to overnight.

PRE-HEAT THE GRILL to medium-high.

SKEWER THE CHICKEN, eggplant and tomatoes, alternating as you go, then grill for 3-4 minutes per side.

FOR THE RAITA

COMBINE ALL INGREDIENTS of the raita and blend in a food processor.

SERVE THE SKEWERS on a large platter, drizzled with the raita and sprinkled with the cilantro. Enjoy immediately.

FROZEN KEFIR BARS



ONLY 60 CALORIES



99%
LACTOSE
FREE



10 PROBIOTICS



CAN'T MAKE THAT BEACH vacation this year? Sip the flavors of summer with our pineapple and coconut-packed Tropical Piña Colada Kefir Smoothie! It's perfect for both adults and kids!

Tropical Pina Colada Kefir Smoothie

YIELD: 1 serving

ACTIVE TIME: 5 minutes

COOK TIME: 2 minutes

INGREDIENTS

- ¾** cups Lifeway Coconut Chia Low Fat Kefir
- 1** cup frozen pineapple chunks
- 2** tbsp coconut cream ice, as needed

DIRECTION

ADD ALL INGREDIENTS to the pitcher of a high-powered blender. Blend on high until smooth, or until desired consistency is reached.

POUR into a glass and enjoy!

Watermelon Strawberry Mint Kefir Smoothie

YIELD: 1 serving

ACTIVE TIME: 5 minutes

COOK TIME: 2 minutes

INGREDIENTS

- 1** cup Lifeway Watermelon Low Fat Kefir
- 1½** cups frozen strawberries
- 1** handful of fresh mint leaves
- ice, as needed

DIRECTIONS

ADD ALL OF THE INGREDIENTS into the pitcher of a high-powered blender. Blend on high until smooth, or until desired consistency is reached.

POUR THE SMOOTHIE into a glass and garnish with additional mint or fresh sliced strawberries, if desired.

NOTES

If you don't have frozen strawberries, fresh strawberries work as well.

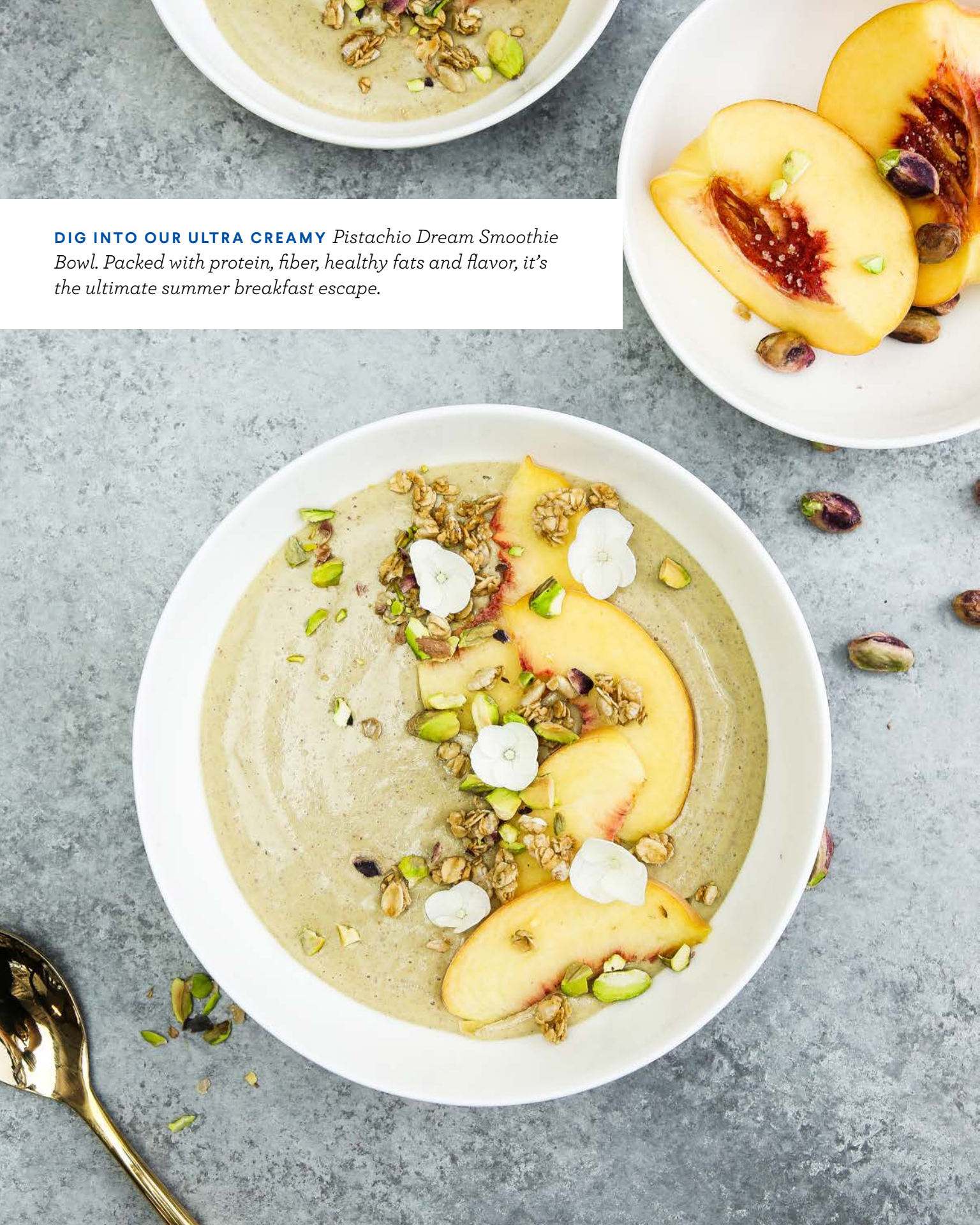


PROBIOTIC
99%
LACTOSE FREE

Lifeway
KEFIR cultured lowfat
milk smoothie

WATERMELON
with other natural flavors
Limited Edition

STAY COOL AND HYDRATED when the weather heats up with our probiotic Watermelon, Strawberry, and Mint Kefir Smoothie!



DIG INTO OUR ULTRA CREAMY *Pistachio Dream Smoothie Bowl. Packed with protein, fiber, healthy fats and flavor, it's the ultimate summer breakfast escape.*

Pistachio Dream Smoothie Bowl

YIELD: 1 serving

ACTIVE TIME: 5 minutes

COOK TIME: 2 minutes

INGREDIENTS

- 1** cup Lifeway Vanilla Protein Kefir
- ½** cup raw pistachios
- 2** medjool dates, pitted
- 1** medium frozen banana

ADD ALL INGREDIENTS into the pitcher of a high-powered blender. Blend on high until smooth, or until desired consistency is reached (should be very thick).

TOP WITH SLICES of peaches, edible flowers, granola, chopped pistachios, or whatever else you might desire!

Learn about the
**9 REASONS
 TO DRINK**



on www.lifewaykefir.com

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EXPIRES 12/31/2016

SAVE \$1 on **TWO (2)** Lifeway® Products
 (excludes 8oz singles, 16oz singles, Probugs™ singles)



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 (excludes all pouch singles)



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