

MADE *with* LIFEWAY

ISSUE 06 | AUTUMN 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.

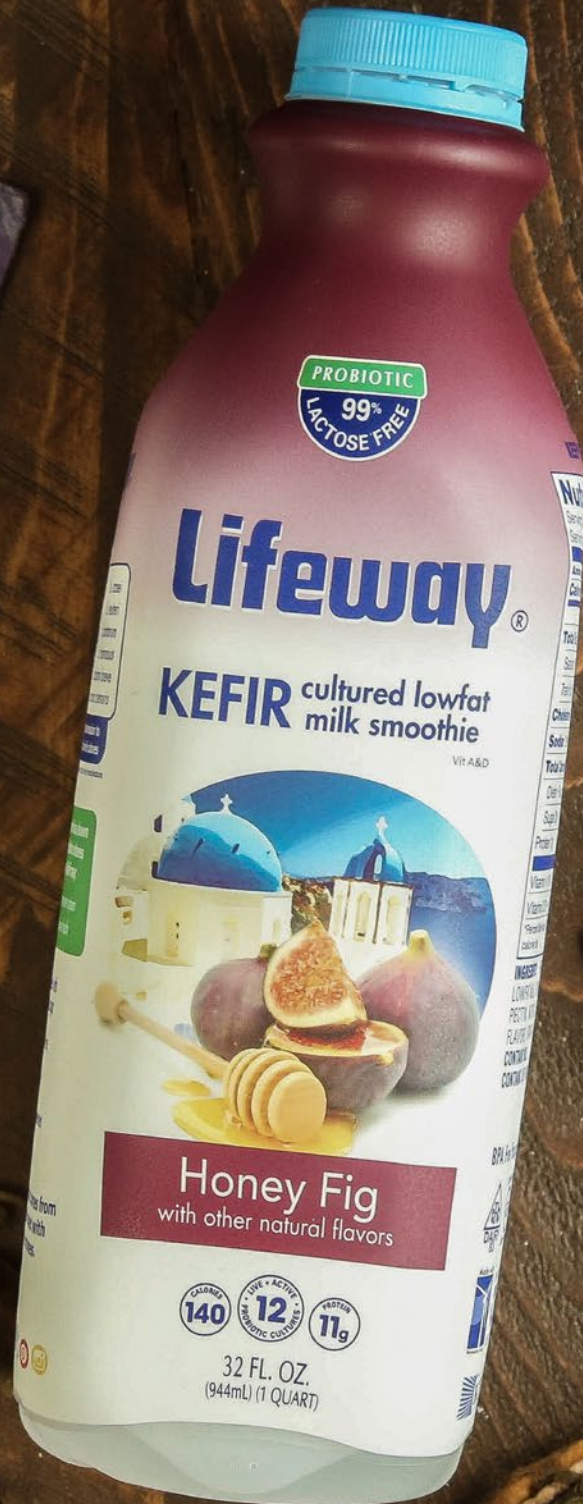
*Discover our favorite ways to add some
Lifeway to your day.*

Autumn 2016

IONS MASTER

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Pumpkin Spice Mug Cake With Frozen Kefir

YIELD: 1 cup

ACTIVE TIME: 5 minutes

COOK TIME: 5 minutes

INGREDIENTS

- 4** **tblsp** Lifeway Pumpkin Spice Low Fat Kefir
- 3** **tblsp** self-raising flour
- 1** **tblsp** powdered sugar
- 1** **tsp** pumpkin pie spice
- ½** **tsp** baking powder
- 1** **tsp** coconut oil
- ¼** **tsp** vanilla extract
- Pinch of salt
- Garnish with Cinnamon powder
- 1** **scoop** Lifeway Original Frozen Kefir

DIRECTIONS

IN A MEDIUM COFFEE MUG, whisk to combine all ingredients, except frozen kefir.

BAKE IN MICROWAVE on high setting for 40-50 seconds, top mug cake with frozen kefir and cinnamon powder, and enjoy!



Ready in just minutes,

this seasonal Pumpkin Spice Mug Cake is a quick and easy way to satisfy your sweet tooth. Top with a scoop of Frozen Kefir for a fall-flavored dessert!



This rich and creamy

Farmer Cheese Ball is easy to make and is sure to be a crowd pleaser at this year's Halloween party!

Pumpkin Farmer Cheese Ball

YIELD: 1 serving
(1 medium sized cheese ball)

ACTIVE TIME: 5 minutes

COOK TIME: 5 minutes

INGREDIENTS

- 4 oz Lifeway Farmer Cheese**
- ¼ cup Lifeway Plain Whole Milk Kefir**
- 6 oz extra sharp white cheddar cheese**
- ½ tsp pepper**
- 2 sprigs of thyme**

DIRECTIONS

IN A MEDIUM MIXING BOWL, beat all ingredients besides the thyme with an electric mixer on medium speed until blended.

SHAPE MIXTURE into a large ball to look like a pumpkin. Garnish with thyme.

SERVE WITH CRACKERS and vegetables, and enjoy!

White Chocolate Pumpkin Spice Kefir Smoothie

YIELD: 1 cup

ACTIVE TIME: 5 minutes

COOK TIME: 5 minutes

INGREDIENTS

MARBLE LAYER 1

- ½** cup Lifeway Pumpkin Spice Low Fat Kefir
- 6** tbsp pumpkin puree
- 1** tsp pumpkin pie spice

MARBLE LAYER 2

- 1** cup Lifeway Pumpkin Spice Low Fat Kefir
- 2** tbsp pumpkin puree
- ¼** cup melted white chocolate
- ¼** tsp vanilla extract
- Ice, as needed

DIRECTIONS

MARBLE LAYER 1: Stir and mix all ingredients of layer 1 thoroughly with a hand mixer or blender, set aside.

MARBLE LAYER 2: Place all ingredients of layer 2 in a blender, blend until smooth.



No fall is complete

without a pumpkin smoothie. Pump it up with some white chocolate for a delicious afternoon treat!



STAY HEALTHY THRU THE FLU SEASON

The leaves are changing, the weather is getting colder, and the Holidays are right around the corner. Of course, this also means that cold and flu season is now upon us. Before breaking out the tissues and cold medicine, there are a few steps that you can take to remain as healthy as possible.

DRINK KEFIR

There are so many great things we can say about kefir, especially when it comes to improving and supporting overall health. The probiotics found in our kefir may help support digestion and regularity, and also may help support immunity.

Even more, some research shows that consuming probiotics can lower the risk of upper respiratory infections.



EATING THESE FOODS CAN HELP FEND OFF SICKNESS:

Citrus Fruit

Citrus fruit, like oranges, grapefruits, lemons and limes, are high in antioxidants and vitamins, specifically vitamin C. Vitamin C has often been associated with a strong immune system, however taking vitamin C regularly does not necessarily prevent colds.

Though research has indicated that vitamin C does not prevent colds in the general population, there is research that shows vitamin C can reduce the duration of a cold! So in short, if you feel a cold coming on, reach for a juicy piece of fruit.





Tumeric

Turmeric is rich in antioxidants — most notably curcumin. Curcumin is a substance that has been shown to reduce inflammation throughout the body and helps cells ward off the invasion of foreign bodies (like viruses and fungus). Some studies show that people who consume turmeric on a regular basis are less susceptible to colds, coughs and congestion, too.

Honey

We love honey for the soothing effect it has on sore throats, especially when mixed with lemon juice and cinnamon in warm water. But there's much more to this golden syrup!

Raw, local honey is not only delicious, but it can provide antibacterial and antimicrobial effects that may help fight the viruses and fungus that cause colds. In fact, some studies show that honey can be more effective at treating the symptoms of a cold in children than common over-the-counter cough medicines.

Note: never give honey to children under 12 months of age.

Ginger

Cherished for its ancient healing properties and a tried-and-true cold-buster, ginger is a staple in the Lifeway Kitchen.

A flavorful spice, ginger is often used to aid digestion and to treat upset stomach, diarrhea and nausea. Fresh ginger also has anti-viral and anti-microbial properties, which may help prevent you from catching a cold.



The Coldbuster Kefir Smoothie

YIELD: 1 serving

ACTIVE TIME: 5 minutes

COOK TIME: 5 minutes

INGREDIENTS

- 1** cup Lifeway Madagascar Vanilla Low Fat Kefir
- 1** orange, peeled and white pith removed
- ½** inch piece of fresh ginger, peeled and grated
- ½** tbsp raw honey
- Ice, as needed

DIRECTIONS

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

NOTES:

* Infants and children under one year of age should not consume honey. Do not add the honey if serving to a child.

When cold season comes

a knockin', we turn to our Coldbuster
Ginger Honey Kefir Smoothie!

It's packed with fresh ginger to aid
digestion and treat upset stomachs. The
vitamin C helps cut the duration of colds,
while the honey has antibacterial benefits
and helps soothe sore throats!



INTRODUCING LIFEWAY

PROBIOTIC SUPPLEMENTS

More ways to love your guts



BALANCE GUT HEALTH

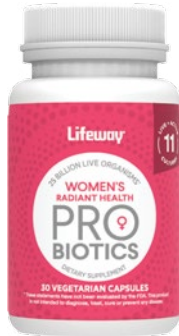
WOMEN'S RADIANT HEALTH

TRAVELER'S DEFENSE + IMMUNITY

...COMING SOON

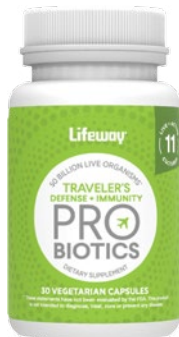
FIND YOUR BLEND, UNLOCK YOUR HEALTH

It's easier than ever to take your health into your own hands with new Lifeway Probiotics! Available in three carefully crafted blends, Lifeway Probiotics support everyday health, wellness, beauty and more.



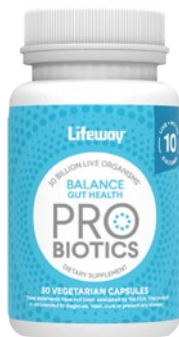
♀ REVEAL YOUR INNER GLOW

Stay beautiful from the inside out with **Lifeway Women's Radiant Health Probiotics**. Designed with the modern woman in mind, this blend is packed with powerful ingredients to help keep you feeling your best.



✈ PREVENT, PROTECT, PRESERVE

Stay regular and refreshed when you travel with **Lifeway Traveler's Defense + Immunity Probiotics**. This ultra high-potency blend is carefully formulated to help prevent, protect and preserve your health before, during and after travels.



⚙ STAY BALANCED

Feel your best every day with **Lifeway Balance Gut Health Probiotics**. This one-a-day blend is expertly crafted to deliver effective support for your digestive and immune systems, while supporting every day health.

Kefir Deviled Eggs

YIELD: 2 servings

ACTIVE TIME: 30 minutes

COOK TIME: 1 hour 15 minutes

INGREDIENTS

- 1 **1/2** tsp Lifeway Organic Plain Whole Milk Kefir
- 6 large free-range eggs
- 1 16-ounce jar of pickled beets
- 1 cup apple cider vinegar
- 1/4 cup brown sugar
- 1 tsp crushed peppercorns
- 1 tsp salt
- 1 tsp Dijon mustard
- 1/2 tsp curry powder
- 1 tsp white vinegar
- 2 tsp olive oil
- Salt and pepper, to taste
- Fresh rosemary, pickled beets, and Farmer Cheese, to garnish

DIRECTIONS

HARD BOIL YOUR EGGS using your preferred method. When you're done cooking the eggs, shock with cold water, remove the shells, and set aside.

TO PREPARE THE BRINE, pour the pickled beets into a large jar or bowl. Add the apple cider vinegar, brown sugar, crushed peppercorns, and salt. Stir well to combine.

DIRECTIONS (cont.)

GENTLY PLACE THE PEELED eggs into the brine, submerging them completely. Cover the jar and refrigerate for at least 12 hours, or up to three days.

REMOVE THE EGGS from the brine and cut each in half. Scoop out the yolks and put them in a medium sized bowl.

ADD THE MUSTARD, KEFIR, curry, vinegar, and olive oil to the bowl and mix well. Season with salt and pepper to taste. If the mixture is too thick, add additional kefir until desired consistency is reached.

USING A PASTRY BAG or plastic bag with the corner cut off, pipe the yolk mixture back into the egg halves. Garnish with chopped rosemary and pickled beets.



**With the help of
pickled beets,**

kefir, and patience, these dashingly delicious Kefir Deviled Eggs are the perfect addition to any party.



A truly ghoulish delight,

our family-friendly Frankenstein Matcha Smoothie is the perfect way to power up for a night of festive Halloween celebrations.

Frankenstein Matcha Kefir Smoothie

YIELD: 1 serving

ACTIVE TIME: 5 minutes

COOK TIME: 2 minutes

INGREDIENTS

- 1 cup Lifeway Banana Protein Kefir**
- 1** medium banana, sliced and frozen
- 1** generous handful of baby spinach
- 1** tsp organic matcha powder
- ½** tsp vanilla extract
- Fresh banana slices, to garnish
- Mini chocolate chips, to garnish
- Crushed chocolate cookies, to garnish

DIRECTION

ADD THE KEFIR, FROZEN BANANA, spinach, matcha powder, and vanilla extract into the pitcher of a high-powered blend. Blend on high until smooth, then set aside.

CAREFULLY PLACE ONE CHOCOLATE CHIP in the middle of one slice of banana to create the smoothie's eye. Repeat for the second eye. Stick the "eyes" to the inside of a glass.

POUR SMOOTHIE INTO GLASS and top crushed cookie crumbs. Slurp and enjoy!

NOTES:

Keep this recipe gluten-free by using gluten-free chocolate chips and cookies!

Don't have matcha on hand? Don't worry! The taste will be similar, but the color will be lighter.

Substitute spirulina powder for the matcha powder if you prefer.

Cherry Acai Kefir Smoothie Bowl

YIELD: 1 serving

ACTIVE TIME: 5 minutes

COOK TIME: 2 minutes

INGREDIENTS

KEFIR CASHEW CREAM

- ¼ cup Lifeway Plain Low Fat Kefir**
- 1½ cup raw cashew nuts**
- 1** tbsp coconut oil
- ¼** tsp vanilla bean paste
- Pinch of salt

THE SMOOTHIE

- 1 cup Lifeway Organic Pomegranate Acai Low Fat kefir**
- 7** oz acai berry puree
- 2** medium bananas (frozen or fresh)
- 1** cup frozen dark cherries
- 1** tsp vanilla extract
- Sliced figs, banana, sliced roasted almond, pomegranate seeds as garnish

DIRECTIONS

KEFIR CASHEW CREAM: Add all of the ingredients for the Kefir Cashew Cream into the pitcher of a high-powered blender. Blend on high until smooth, or until desired consistency is reached.

THE SMOOTHIE: Add all of the ingredients for the smoothie into the pitcher of a high-powered blender. Blend on high until smooth, or until desired consistency is reached.

TO FINISH: Pour the smoothie into a bowl, top with desired garnishes, and drizzle with the Kefir Cashew Cream!



Our decadent Kefir

Cashew Cream complements
the tart cherries in our latest
kefir smoothie bowl!

KEFIR CUPS
**COMING
 SOON**



Lifeway®

MANUFACTURER'S COUPON

EXPIRES 12/31/2016

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



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MANUFACTURER'S COUPON

EXPIRES 12/31/2016

SAVE \$1 on any **TWO (2)** Lifeway® Probugs™ packs
 (excludes all pouch singles)



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