

MADE WITH

# Lifeway®

*Seasonal Kefir Recipes*





## What is **KEFIR**

LIFEWAY KEFIR is a tart and tangy cultured dairy beverage made from cow's milk. Refreshing and effervescent, it's high in protein, calcium and vitamin D, and contains 12 live and active probiotic cultures. Pour it over cereal or blend it in a smoothie for a creamy, delicious drink that's good for you! Even better, kefir is a great cooking tool! Replace it in any recipe that uses buttermilk, yogurt, milk or sour cream for a tasty twist and to keep calories in check!

# Strawberry Basil Kefir Smoothie



# BREAKFAST

## *On the go*

BETWEEN WORK, school and other daily commitments, making time for a nutritious breakfast can seem impossible. That's why we swap our spoons for straws and grab a bottle of Lifeway Kefir with Oats. It's the same kefir you know and love, supercharged with three grams of prebiotic oat fiber. Studies show that fiber not only helps regulate digestive system, but helps keep you full longer, which keeps your hunger - and your weight - in check.

*Salmon, Radish and Farmers Cheese*

*Cranberry Walnut*





Farmer Cheese

Blueberry Chia Overnight Oats

# Summer **BARBEQUE**

WE THINK outside of the box when cooking with kefir. Sure, our favorite fermented drink is great as the base of a smoothie, but it's also an excellent meat marinade, as a creamy soup base or the foundation of a sensational dip! Keep some plain Lifeway kefir on hand to use as your secret kitchen weapon. Our kefir is the perfect substitute for buttermilk or yogurt when baking, and our Farmer Cheese is a perfect probiotic replacement for Ricotta.

Cucumber Kefir  
Tzatziki Sauce



Tomato Kefir  
1000 Island Sauce



Beet Kefir  
Raita Sauce





*Kefir Marinated Chicken & Shrimp Kabobs*

# LUNCH

*Lightened Up*

IF YOUR BROWN BAG lunch is bringing you down, pick up a bottle of kefir and shake things up! Creamy kefir is an excellent substitute for sour cream or yogurt in your favorite dips, dressings, salads and slaws. Its one-two, protein-probiotic punch will keep your hunger at bay and your weight in check. It's a small change that can make a big difference. Try it today - you won't regret it.

*Creamy Kefir Kale Salad with Shrimp*





*De-light-ful*  
**DESSERT**

Watermelon Kefir Granita

WATCHING YOUR WAISTLINE while enjoying dessert is easy with Lifeway Kefir. It's rich, creamy consistency makes it a perfect base for frozen treats, such as ice cream, mousse or pudding, without the calories. Even better, every serving of Lifeway Kefir provides your body with calcium, vitamin D, protein and probiotics - it's dessert that works. Now you can enjoy the taste and texture of your favorite indulgent desserts without guilt!



SUMMER 2015 / [LIFEWAYKEFIR.COM](http://LIFEWAYKEFIR.COM)

# RECIPES

## STRAWBERRY BASIL KEFIR SMOOTHIE

- 2 cups Lifeway Organic Strawberry Kefir
- 1 cup frozen strawberries
- ¼ cup fresh basil
- ½ frozen banana
- 1 tsp vanilla

Add all ingredients into the pitcher of a high-powered blender and blend on high.

Serve immediately.

## KEFIR, ALMOND BUTTER AND BLUEBERRY OVER- NIGHT OATS

- ½ cup thick rolled oats
- ¾ cup Lifeway Blueberry Kefir
- ½ cup blueberries
- Slivered almonds, chia seeds and additional blueberries

In a small bowl, mix together almond butter and kefir until smooth.

Stir in oats, 1-2 Tbsp chia seeds and blueberries.

Place in the refrigerator overnight, or for at least four hours.

Top with additional chia seeds, almonds or berries.

## KEFIR MARINATED CHICKEN AND SHRIMP KABOBS

- 1 cup Lifeway Whole Milk Plain Kefir
- 1-2 bell peppers, cut into squares
- 2 Tbsp olive oil
- 1 tsp finely grated peeled fresh ginger
- 2 Tbsp kosher salt
- 2 garlic cloves, minced
- 1 tsp freshly ground black pepper
- 1 tsp ground cumin
- Pinch of Cayenne pepper
- 2 lbs boneless, skinless chicken breast, cubed  
OR jumbo shrimp, tails removed
- Juice of two lemons

Soak bamboo skewers for 30 minute before grilling.

Clean and preheat a grill to medium high heat. When the grill is ready to cook, spray the grates with grill-safe oil.

In a large bowl, whisk together olive oil, spices, lemon juice and kefir.

Add meat to the bowl and stir to combine. Cover refrigerate for 4 hours (at least 30 minutes).

When ready to grill, alternate placing pieces of meat and bell pepper onto the skewers.

If using chicken, cook each skewer for 3-4 minutes and turn, or until

done. If using shrimp, cook for two minutes. Flip and cook for an additional two minutes.

Serve hot with your favorite dipping sauce!

## CRANBERRY WALNUT TOAST

- 1 slice rustic bread
- 1-2 Tbsp Lifeway Farmer Cheese
- 1 Tbsp dried cranberries
- 1 Tbsp crushed walnuts
- 1 tsp honey

Toast bread as desired.

Smear with Farmer Cheese then top with cranberries and walnuts.

Drizzle with honey and serve immediately.

## SAVORY SALMON RADISH TOAST

- 1 slice rustic bread
- 1-2 Tbsp Lifeway Bambino cheese
- 2-3 oz smoked salmon
- 1 radish, shaved
- 1 tsp chopped chives

Toast bread as desired.

Top with Farmer Cheese, followed by salmon, radish and chives and serve.

## CUCUMBER KEFIR TZATZIKI SAUCE

- ½ English cucumber, peeled and diced
- 1 cup Lifeway Cucumber Veggie Kefir
- 1 cup Lifeway Whole Milk Plain Kefir
- 1 garlic clove, minced
- 1 cup chopped dill
- 2 Tbsp dried dill
- Juice of ½ a large lemon
- Salt and pepper

**Wrap** diced cucumber into a towel and squeeze gently to remove any excess liquid.

**In** a large mixing bowl, combine all ingredients and stir well. Refrigerate before serving.

## BEET KEFIR RAITA

- 1 medium beet, steamed, peeled & cubed
- 1 cup Lifeway Beet Veggie Kefir
- 1 green chili, diced
- ½ Tbsp ginger, grated
- ¼ tsp cumin
- ¼ tsp curry powder
- Salt to taste

**Place** all ingredients into a blender and puree until smooth.

**Pour** into a bowl and serve at room temperature or cold.

**Add** additional grated, steamed beet to sauce before serving, if desired.

## TOMATO KEFIR 1000 ISLAND DIP

- ½ cup Lifeway Tomato Veggie Kefir
- 1 Tbsp tomato paste
- 1 tsp white vinegar
- 2 tsp onion, finely diced
- 2 tsp sweet pickle relish
- 1 garlic clove, very finely minced
- 2-3 dashes Tabasco sauce or Sriracha
- Salt to taste

**Add** all ingredients to a small bowl and mix well. Add additional salt if desired.

**Chill** before serving.

## KALE SALAD WITH SHRIMP

- ¾ cup Lifeway Whole Milk Plain Kefir
- 4-5 cups chopped dark leafy greens
- ½ English cucumber, chopped
- 2 tomatoes, chopped
- 1 bell pepper, chopped
- 1 medium zucchini, seeded and chopped
- 1 bunch of parsley, coarsely chopped
- 1 garlic clove, crushed
- 1 cup cooked shrimp, tails removed
- Salt and pepper
- Extra virgin olive oil

**Place** the greens into a large bowl and drizzle with olive oil and a few pinches of salt and pepper. Massage the

greens with your hands until the leaves are coated and begin to soften.

**Add** the remaining veggies and parsley to the bowl and toss. Season with additional salt and pepper.

**Pour** the kefir on top of the salad and season with a generous pinch of salt and pepper. Add shrimp and toss.

**Refrigerate** until you're ready to serve.

## WATERMELON KEFIR GRANITA

- 1 cup Lifeway Whole Milk Plain Kefir
- ¾ cup Lifeway Lowfat Watermelon Kefir
- 5 Medjool dates, pitted
- ¼ tsp vanilla extract
- 1 cup cubed watermelon

**Place** all ingredients into the pitcher of a high-powered blender. Blend on high until smooth.

**Pour** contents into a brownie or cake pan and place in the freezer. Freeze for three hours, or until the hardened.

**Remove** the pan from the freezer and break the mixture into chunks.

**Place** the chunks back into the blender and blend until creamy, taking care not to over blend.

**Return** the contents to the pan. Chill for 30 minutes before serving.

# Good for the whole family



WE BELIEVE that a healthy family is a happy family, which is why we've created products for kids and parents alike. Our ProBugs Kefir for Kids pouches are made with organic whole milk for strong bones and strong bodies, and every single flavor and variety of kefir we produce (made with Renewable Energy!) is made with milk that is free from synthetic hormones and antibiotics. It's for this reason, and many more that Lifeway Kefir is good for way more than just you!

MANUFACTURER'S COUPON

EXPIRES 12/31/2015

# SAVE \$1

on TWO (2) Lifeway® products  
(excludes 8oz singles and Probugs™ singles)



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