

# MADE *with* LIFEWAY





# 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.*



Spring  
2016



## TABLE OF CONTENTS

<b>6</b> <b>FARMER CHEESE AND FIELD GREENS SALAD</b>	<b>16</b> <b>CITRUS HIBISCUS RHUBARB PIE SMOOTHIE</b>
<b>8</b> <b>PALEO PASTA WITH KEFIR CAULIFLOWER SAUCE</b>	<b>18</b> <b>LAVENDER LEMON MERINGUE SMOOTHIE</b>
<b>10</b> <b>KEFIR GREEN GODDESS DRESSING</b>	<b>20</b> <b>BLUEBERRY AVOCADO BANANA SMOOTHIE BOWL</b>
<b>12</b> <b>CHEESY ASPARAGUS AND SPINACH KEFIR QUICHE</b>	<b>22</b> <b>MANGO AND ORANGE BLOSSOM KEFIR SMOOTHIE</b>
<b>14</b> <b>WHAT'S BLOOMING THIS SPRING?</b>	<b>23</b> <b>BERRY, APPLE, AND CABBAGE KEFIR SMOOTHIE</b>

# FARMER CHEESE AND FIELD GREENS SALAD

**YIELD:** 12-15 balls

**ACTIVE TIME:** 30 minutes

**COOK TIME:** 30 minutes

## INGREDIENTS

- 1** heaping cup  
Lifeway Farmer Cheese
- ¼** cup pine nuts
- 1** yellow onion, sliced into  
half moons
- ¼** cup dried tart cherries
- 2** tbsp balsamic vinaigrette
- Kosher salt and pepper,  
to taste
- Field greens, as needed
- Olive oil, for cooking

## DIRECTIONS

**HEAT A DRY SKILLET** over medium heat and add the pine nuts. Roast, stirring constantly so they do not burn, until lightly browned and fragrant. Remove from heat and divide in two, reserving one half to sprinkle over salad before serving.

**CRUSH THE REMAINING** half of the roasted pine nuts and add to a medium mixing bowl with the Farmer Cheese. Sprinkle with a generous pinch of salt and pepper and stir until well combined.

**USING A MELON BALLER** to scoop, shape the Farmer Cheese and pine nut mixture into 12-15 small balls. Store the balls in the refrigerator until ready to serve.





**KNOWN AROUND THE LIFEWAY KITCHEN** as “Sam’s Square Dance Salad,” this recipe features perfectly caramelized onions and creamy Farmer Cheese.

**RETURN THE SKILLET** to the stove and turn the heat on medium. Add a drizzle of olive oil and the onion slices and stir to coat. Cover and allow to cook, stirring occasionally, until golden and soft.

**TURN UP THE HEAT** on the stove to medium high and continue to cook the onions for another ten minutes. Season with salt and pepper.

**TO SERVE,** place a generous handful of spring greens onto each plate, followed by some onions, roasted pine nuts, a sprinkle of dried cherries and Farmer Cheese balls. Drizzle with balsamic vinaigrette and season with salt and pepper, if desired.

# PALEO PASTA WITH KEFIR CAULIFLOWER SAUCE

**YIELD:** 8-10 servings

**ACTIVE TIME:** 30 minutes

**COOK TIME:** 1 hours

## INGREDIENTS

- ¾** cups Lifeway Plain Whole Milk Kefir
- 6** large cloves of garlic, paper skin on
- 6** cups cauliflower florets
- 6** cups low-sodium vegetable broth
- 4 - 5** medium zucchini
- 2** medium bell peppers, seeded and thinly sliced
- 2** large handfuls of baby spinach, finely sliced
- 5 - 6** fresh basil leaves, finely sliced
- 2 - 3** tbsp fresh lemon juice
- Olive oil, as needed
- Kosher salt and pepper, to taste
- Parmesan cheese, optional

**TO ROAST THE GARLIC:** preheat your oven to 400°F. Line a baking sheet with aluminum foil and add the garlic. Drizzle the garlic with olive oil than fold over foil into a packet. Roast for 40 minutes, or until done. Remove and let cool before peeling.

**TO COOK THE CAULIFLOWER:** bring the vegetable broth to boil in a large pot than add the cauliflower. Cover and boil for 8-10 minutes, or until the cauliflower is fork tender. Remove the cauliflower with a slotted spoon and add it to the pitcher of a high-powered blender, reserving ½-1 cup of the cooking liquid.

**TO MAKE THE SAUCE:** add the garlic, a hearty pinch of salt and pepper, ½ cup of vegetable broth/cooking liquid and the kefir to the blender with the cauliflower. Puree on high until desired consistency is reached, adding extra broth or kefir as needed. If desired, add a squeeze of lemon juice and/or Parmesan cheese to the sauce.





**TO MAKE THE ZUCCHINI PASTA:**

Using a spiral slicer, julienne peeler or regular vegetable peeler, cut the zucchini into spaghetti-like ribbons or strips.

Add the zucchini, bell peppers and spinach to a large mixing bowl. Add the lemon juice and toss to coat. Let rest at least 10-15 minutes, or until ready to serve.

To serve, divide the veggie pasta between bowls and top with cauliflower sauce and basil to taste. Stir to coat well. Season with additional salt and pepper, if desired, and add Parmesan cheese and pumpkin seeds for extra crunch.

# KEFIR GREEN GODDESS DRESSING

**YIELD:** 2-4 servings

**ACTIVE TIME:** 5 minutes

**COOK TIME:** 2 minutes

## INGREDIENTS

- ¼ cup Lifeway Plain Whole Milk Kefir
- 1 small ripe avocado
- 2 tbsp fresh lemon juice
- 1 green onion, white and light green parts only
- 1 large handful of parsley leaves
- 1 large handful of cilantro leaves
- 1 medium garlic clove
- pinch of kosher salt

**ADD ALL INGREDIENTS** into the pitcher of a high-powered blender. Blend on high until smooth.

**SERVE IMMEDIATELY WITH** your favorite dish, or store in an air-tight container in your refrigerator for up to three days.

## NOTES:

Using 1/4 cup of kefir produces a thicker sauce, more suitable for dipping. If you'd like to serve this sauce as a salad dressing, we recommend adding an additional 1/4 to 1/2 cup of kefir!





**DIVE INTO THE FRESH FLAVORS** of spring with this rich and creamy sauce. It's perfect as a dip, slathered over roasted vegetables, or drizzled over a crisp salad.





**BRUNCH IS SERVED!** *Our creamy kefir and grain-free crust lighten up this veggie-packed dish, without skimping on fabulous flavor.*

# CHEESY ASPARAGUS AND SPINACH KEFIR QUICHE

**YIELD:** 8-10 servings

**ACTIVE TIME:** 30 minutes

**COOK TIME:** 20 minutes

## INGREDIENTS

- 1** cup + **2** tbsp Lifeway Plain Whole Milk Kefir
- ½** cup Lifeway Farmer Cheese
- 1** box Simple Mills Artisan Bread Mix
- ½** cup crumbled feta cheese
- 8-10** asparagus spears, ends removed and cut into 1-inch pieces
- 4** cups fresh baby spinach
- 6** large eggs
- 1** egg white
- ¼** cup olive oil + more as needed  
salt and pepper, to taste

**PREHEAT THE OVEN TO 350°F** and grease a 9" quiche pan. Set aside.

**FOR THE CRUST:** In a large mixing bowl, whisk together the egg white, ¼ cup of olive oil and two tablespoons of kefir. Once combined, stir in the box of Simple Mills Artisan Bread Mix. Stir until the batter thickens and comes together.

Gather the batter into a ball and flatten into a thick disk before transferring to the prepared quiche pan. Using the heel of your hand and your finger tips, press the dough evenly on the bottom of the pan and up the sides. Bake for ten minutes until the crust is firm. Remove from oven and set aside.

**FOR THE FILLING:** In a large skillet, heat olive oil over medium heat. Add the asparagus spears, and spinach. Cook until asparagus spears are slightly tender and spinach is wilted. Transfer spinach to a colander. Press firmly with the back of a spoon to squeeze out as much liquid as possible. Set aside.

Add the eggs and kefir to a large bowl and whisk well. Stir in the feta cheese, Farmer Cheese, and a generous pinch of salt and pepper. Add the spinach and the asparagus to the egg mixture and stir to combine.

Pour the egg and vegetable mixture into the prepared pie crust and reheat the oven to 400°F.

Place the quiche in the oven and bake for 40-45 minutes, or until the crust is golden and the filling is bubbling slightly. Allow to rest for 10-15 minutes before serving.



BLOOM WITH KEFIR

WHAT'S  
*Blooming*  
THIS SPRING

**INSPIRED BY  
THE FRESH FLAVORS**

and patterns of spring, our new limited edition flavor is a collaboration with fashion designer **Cynthia Rowley**, a Chicago-native, strong female entrepreneur and long-time kefir fan. Drawing inspiration from her fitness line ROWLEY, this partnership blends the exciting and innovative worlds of fitness, fashion and healthy living in a bold new way.







### “THIS COLLABORATION

is a fresh way to integrate the components of a healthy lifestyle across multiple platforms,” says **Lifeway CEO Julie Smolyansky**. “Both Lifeway and Cynthia Rowley inspire people to live healthier, stronger and empowered lives. We’re making healthy living not just accessible and affordable, but fashionable.”

### IN THE SPIRIT OF KEEPING

things fun and fashionable, we threw a very special launch party to welcome Hibiscus Rhubarb Pie at Cynthia Rowley’s Bleecker Street store in New York City. Our friend and renowned chef Seamus Mullen was on hand with a new custom kefir smoothie, made with fresh blood orange, beets, pomegranate, and of course our Hibiscus Rhubarb Pie Kefir.

# CITRUS HIBISCUS RHUBARB PIE SMOOTHIE

**YIELD:** 2 servings

**ACTIVE TIME:** 5 minutes

**COOK TIME:** 5 minutes

## INGREDIENTS

- 2 cups Lifeway Hibiscus Rhubarb Pie Low Fat Kefir**
- ½** large blood orange, peeled
- ¼** cup grated beets
- ice, as needed
- red currant, to garnish
- fresh mint, to garnish

## ADD ALL OF THE INGREDIENTS

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

Enjoy topped with additional berries or greens.







**INFUSED WITH THE SOOTHING** essence of lavender, this lusciously creamy smoothie only tastes indulgent. With just a few healthy ingredients, it's our simplest smoothie yet!

# LAVENDER LEMON MERINGUE SMOOTHIE

**YIELD:** 2 servings

**ACTIVE TIME:** 5 minutes

**COOK TIME:** 2 minutes

## INGREDIENTS

- 2** cups Lifeway Lemon Meringue Whole Milk Kefir
- ¼** tsp organic lavender extract\*
- 1** tbsp fresh lemon juice
- ice, as desired
- sliced lemons and dried lavender buds, to garnish

**ADD THE KEFIR,** lemon juice, lavender extract and optional ice to the pitcher of a high-powered blender. Blend on high until smooth, or until desired consistency is reached.

**POUR INTO** one or two glasses and garnish with lemon slices, whipped cream and lavender buds. Sip slowly and enjoy!

## \*NOTES

If you can't find lavender extract, or would prefer a sweeter smoothie, you can use lavender syrup as well.

# BLUEBERRY AVOCADO BANANA SMOOTHIE BOWL

**YIELD:** 1 serving

**ACTIVE TIME:** 5 minutes

**COOK TIME:** 2 minutes

## INGREDIENTS

- 1** cup Lifeway Blueberry Low Fat Kefir
- 2** cup blueberries, frozen
- 2** tbsp avocado
- 1** large banana, frozen  
coconut shavings, granola, mint  
and additional blueberries,  
to garnish

**ADD THE KEFIR**, blueberries, avocado and banana into the pitcher of a high powered blender. Blend on high until smooth.

**POUR INTO ONE** or two bowls and garnish with additional blueberries, granola, coconut shavings and mint, if desired.





**FULL OF FIBER, HEALTHY FATS,** *probiotics and flavor,*  
*this succulent smoothie bowl is the perfect breakfast to*  
*welcome warmer weather on a busy weekend.*





**BURSTING WITH THE BRIGHT FLAVORS** of spring's best citrus and juicy chunks of mango, this sunshine smoothie is a delightfully tart and tangy way to start your day.

# MANGO AND ORANGE BLOSSOM KEFIR SMOOTHIE

**YIELD:** 1 serving

**ACTIVE TIME:** 5 minutes

**COOK TIME:** 2 minutes

## INGREDIENTS

- 1** cup Lifeway Orange Cream Perfect12 Kefir
- 1** cup mango chunks, frozen
- ½** naval orange
- 2** tsp orange blossom extract  
orange slices, mango chunks,  
coconut shavings, to garnish

## ADD ALL OF THE INGREDIENTS

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

## NOTES

You can find orange blossom extract or syrup at your local specialty food store. If you don't have it, don't worry! The smoothie is delicious without it, too.



# BERRY, APPLE AND CABBAGE KEFIR SMOOTHIE

**YIELD:** 2 serving

**ACTIVE TIME:** 5 minutes

**COOK TIME:** 2 minutes

## INGREDIENTS

- 1** cup Lifeway Plain Whole Milk Kefir
- ½** cup blueberries, fresh or frozen
- 1½** cup chopped red cabbage
- 1** organic sour/green apple
- 1** cup cranberry-apple juice microgreens, to garnish

**WASH, PEEL, CORE AND CHOP** the apple. Set it aside.

**CUT THE CORE OUT** of the cabbage (if starting with a whole cabbage) and cut into quarters. Select one quarter and store the rest. Using a sharp knife, chop the cabbage into 1/4-1/2 inch chunks. Set aside.

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

**POUR INTO ONE OR TWO** glasses, garnish with microgreens and serve.



**RED CABBAGE SHINES** in this energizing blend of crisp apples and fresh berries. Packed with antioxidants and probiotics, it's just the boost your body needs.

Learn about the  
**9 REASONS  
 TO DRINK**



on [www.lifewaykefir.com](http://www.lifewaykefir.com)

**Lifeway®**

MANUFACTURER'S COUPON

EXPIRES 12/31/2016

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



**LIMIT ONE COUPON PER PURCHASE. CONSUMER:** Redeem only by purchasing the brand and size(s) indicated. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. Any other use constitutes fraud. Consumer pays sales tax. Discount may not be combined with any other offer. No cashback. **RETAILER:** Lifeway Foods will reimburse you the face value of this coupon plus 8 cents handling in accordance with our redemption policy (copy available upon request). Consumer must pay any sales tax. Send all redeemed coupons to Lifeway Foods, Mandlik & Rhodes, PO Box 490, Dept # 1381, Tecate, CA 91980. Failure to produce invoices on request providing purchase of stock covering coupons may void all coupons submitted. Void if copied, reproduced, altered, transferred, sold or exchanged. Cash value: 1/100¢. © 2015 Lifeway Foods, All Rights Reserved.

MANUFACTURER'S COUPON

EXPIRES 12/31/2016

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



**LIMIT ONE COUPON PER PURCHASE. CONSUMER:** Redeem only by purchasing the brand and size(s) indicated. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. Any other use constitutes fraud. Consumer pays sales tax. Discount may not be combined with any other offer. No cashback. **RETAILER:** Lifeway Foods will reimburse you the face value of this coupon plus 8 cents handling in accordance with our redemption policy (copy available upon request). Consumer must pay any sales tax. Send all redeemed coupons to Lifeway Foods, Mandlik & Rhodes, PO Box 490, Dept # 1381, Tecate, CA 91980. Failure to produce invoices on request providing purchase of stock covering coupons may void all coupons submitted. Void if copied, reproduced, altered, transferred, sold or exchanged. Cash value: 1/100¢. © 2015 Lifeway Foods, All Rights Reserved.