



MADE *with*
LIFEWAY

ISSUE 07 | WINTER 2016-2017

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.*



PROBIOTIC
99%
LACTOSE FREE

Lifeway[®]

KEFIR cultured lowfat
milk smoothie
Vit A&D

CRANBERRY
CRÈME BRÛLÉE
with other natural flavors
Limited Edition



32 FL. OZ.
(946mL) (1 QUART)



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Creamy Feta Salad Dressing

YIELD: 3 cups

ACTIVE TIME: 5 minutes

COOK TIME: 5 minutes

INGREDIENTS

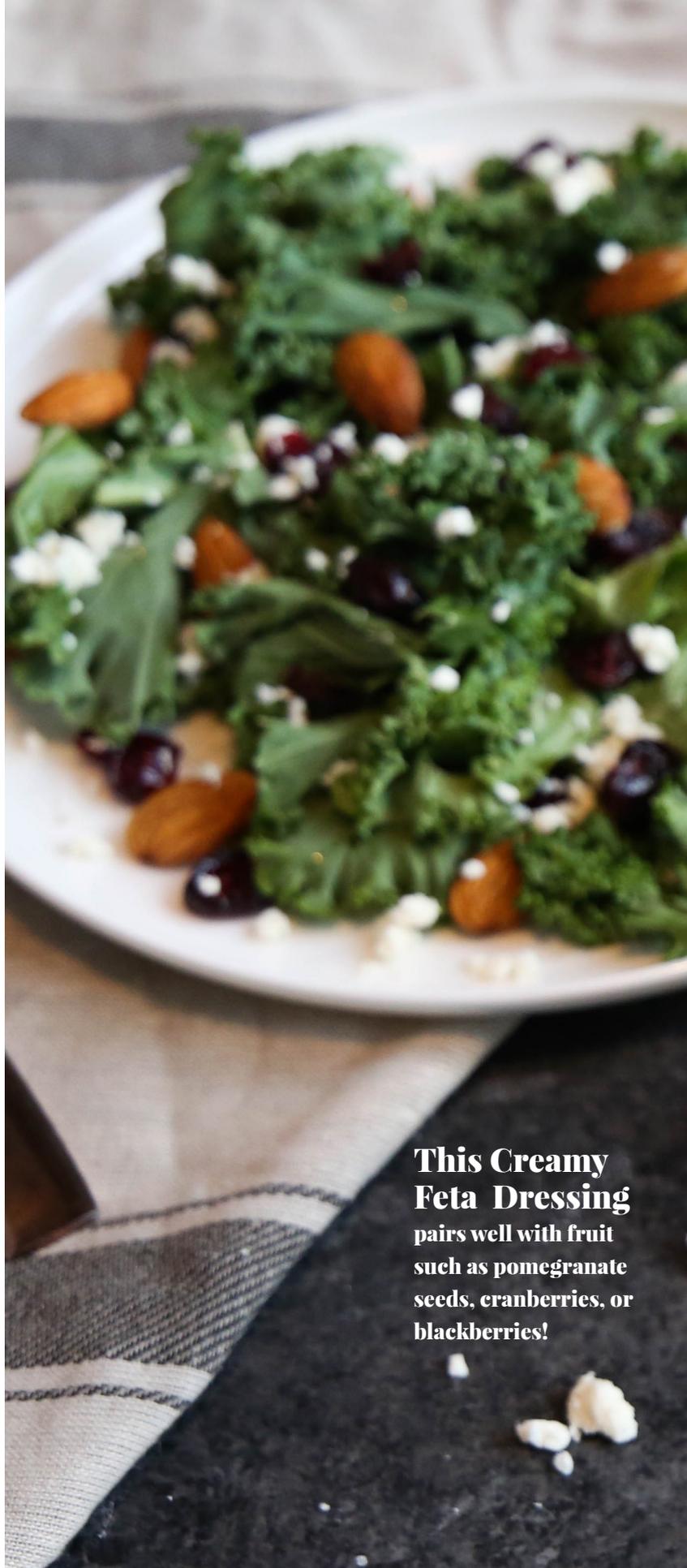
- 1 cup Lifeway Plain Low Fat Kefir**
- ½ cup feta cheese**
- ½ clove minced garlic**
- 2 Tbsp green onion finely chopped**
- ¼ tsp dried dill**
- 1 tsp dried oregano**

DIRECTIONS

IN A SMALL BOWL mash feta and plain kefir together to desired consistency.

ADD garlic, green onion, dill and oregano.

CHILL for at least an hour and shake well before serving.



This Creamy Feta Dressing pairs well with fruit such as pomegranate seeds, cranberries, or blackberries!





Kefir Crab Dip



Roasted Red Pepper Dip

❖



Basil Pesto Hummus



Roasted Red Pepper Dip

YIELD: 1 serving
ACTIVE TIME: 5 minutes
COOK TIME: 5 minutes

- ¾ cup Lifeway Plain Farmer Cheese**
- ½ cup** roasted red peppers, chopped
- ½ tsp** garlic powder
- 1 tsp** smoked paprika
- ½ a** lemon, squeezed

COMBINE all ingredients in a small bowl and mash with a fork.

Kefir Crab Dip

YIELD: 3 cups
ACTIVE TIME: 5 minutes
COOK TIME: 5 minutes

- 2 tsp Lifeway Plain Lowfat Kefir**
- ½ cup Lifeway Plain Farmer Cheese**
- 6 oz** crabmeat
- 2 oz** cream cheese
- ¼** red onion chopped
- ½ a** lemon, squeezed

COMBINE all ingredients in a small bowl and mash with a fork.

Basil Pesto Hummus

YIELD: 3 cups
ACTIVE TIME: 5 minutes
COOK TIME: 5 minutes

- ¼ cup Lifeway Plain Whole Milk Kefir**
- 2½ cups** cooked chickpeas (drained and rinsed)
- 2 Tbsp** tahini (sesame seed paste)
- ¼ cup** pickled banana peppers
- ½** lemon, squeezed
- ½ tsp** garlic powder
- ½ tsp** salt
- 2-3 Tbsp** basil pesto

COMBINE all ingredients except pesto in a food processor or blender and pulse until well mixed. Top with pesto.



**COMING
SOON!**





Healthy and Delicious!

With heart-healthy, vitamin C-packed cranberries and probiotic farmer cheese, this appetizer is a must for the holiday season.

Pomegranate Cranberry Bruschetta

YIELD: 3 cups

ACTIVE TIME: 5 minutes

COOK TIME: 5 minutes

INGREDIENTS

- 2 cups Farmer Cheese**
- 1** baguette
- ¼** cup frozen cranberries
- ½** cup honey
- ¼** a Serrano pepper (or to taste)
- ¼** cup pomegranate seeds
- ¼** cup basil leaves, chopped

DIRECTIONS

COMBINE frozen cranberries, honey, and Serrano peppers and lightly blend or pulse in a food processor.

DRIZZLE baguette slices with olive oil, salt and pepper. Toast until golden, about 3-5 minutes per side.

TOP each slice with farmer cheese, cranberry relish, pomegranate arils, and chopped basil leaves.



Gingersnap Kefir Smoothie

YIELD: 3 cups

ACTIVE TIME: 5 minutes

COOK TIME: 5 minutes

INGREDIENTS

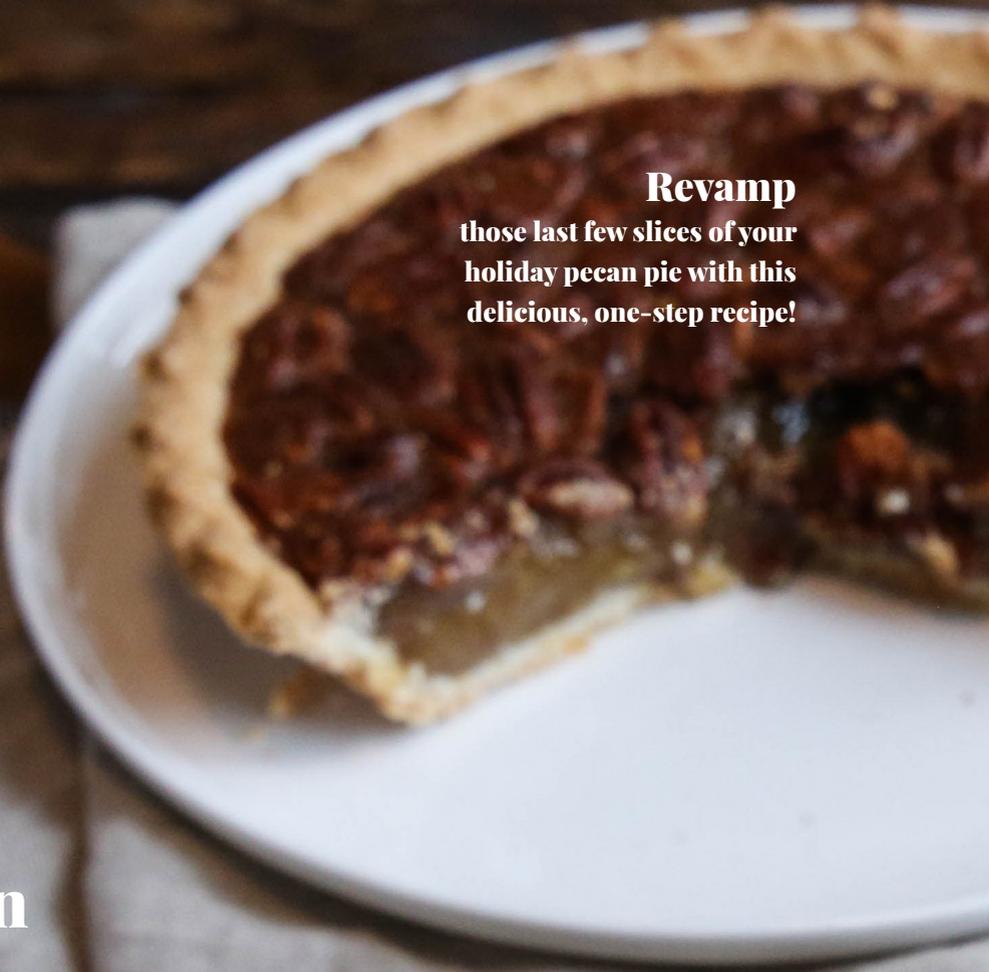
- 1½** cups Lifeway Madagascar Vanilla Low Fat Kefir
- 3** scoops Lifeway Frozen Kefir
- 1** frozen banana
- ¼** tsp ground nutmeg
- ½** tsp cinnamon
- ½** tsp grated ginger
- 1** pinch ground cloves
- 1** Tbsp blackstrap molasses
- ½** tsp vanilla extract

DIRECTIONS

COMBINE all ingredients and blend on high until smooth, or until desired consistency.

SERVE with a light dusting of nutmeg.





Revamp
those last few slices of your
holiday pecan pie with this
delicious, one-step recipe!

Leftover Pecan Pie Smoothie

YIELD: 4 cups

ACTIVE TIME: 5 minutes

INGREDIENTS

- 4** scoops Lifeway Plain Frozen Kefir
- ¼** cup Lifeway Low Fat Vanilla Kefir or Plain Kefir
- 1** slice leftover pecan pie
*whipped cream and nutmeg
as garnish

DIRECTIONS

BLEND plain frozen kefir, plain low fat kefir, and a slice of pecan pie.

TOP with whipped cream and lightly dust with nutmeg.



Spiced Eggnog Smoothie

YIELD: 4 cups

ACTIVE TIME: 5 minutes

INGREDIENTS

- 1** cup Lifeway Eggnog Low Fat Kefir
- 2** frozen bananas
- 2** pitted Medjool dates
- ½** tsp ground cinnamon
- ½** tsp ground nutmeg
- ½** tsp almond extract
- *bourbon, rum, or whiskey (optional)
and ground nutmeg for garnish

DIRECTIONS

COMBINE all ingredients and blend on high.

DUST with ground nutmeg as desired.

ADD 1oz or desired amount of bourbon, rum, or whiskey for those 21 years of age or above.



Lifeway.

KEFIR cultured lowfat
milk smoothie

1% M&T

Cranberry Crème Brûlée Smoothie

YIELD: 3 cups

ACTIVE TIME: 5 minutes

COOK TIME: 5 minutes

INGREDIENTS

- 1 cup Lifeway Madagascar Vanilla Low Fat Kefir
 - 1 cup Cranberry Crème Brûlée Low Fat Kefir
 - 1 cup fresh cranberries
 - $\frac{3}{4}$ cup powdered sugar
 - $\frac{1}{2}$ cup water
 - 2 Tbsp chia seeds
 - 1 banana
 - $\frac{1}{2}$ cup frozen cranberries
- *whipped cream, caramelized sugar, mint leaves, and cranberries for garnish

DIRECTIONS

CRANBERRY COMPOTE: combine cranberries, sugar, and water over medium heat and bring to a boil. Simmer until it thickens, reducing to about half, and stir continuously to avoid burning.

CRANBERRY SMOOTHIE: combine cranberry crème brûlée kefir, banana, and frozen cranberries and blend on high.

VANILLA CHIA: combine vanilla kefir and chia seeds, let sit for at least a couple of hours, but preferably overnight.

LAYER the cranberry compote, vanilla chia, and cranberry smoothie. Garnish with whipped cream, cranberries, caramelized sugar, and mint leaves.







A Healthy Lifestyle: Focus on the Food

It's the most decadent time of year and you're probably finalizing new year's resolutions to undo all you've done during the holiday season. You've spent the last couple weeks indulging in rich foods and festive cocktails while the promise of a healthier lifestyle in 2017 looms just around the corner. Sure, you can post your commitment to a strict exercise routine and a healthy diet to Facebook, but how can you stick with it once January 1st hits?

At Lifeway, we see an issue with most "healthy" resolutions because they often fail. Why? *Because you are going in with the wrong mindset.*

Eating your favorite foods should not make you feel guilty, as long as you're eating them in moderation. Likewise, exercise shouldn't be a punishment. So how do you get fit, stay healthy, and enjoy life at the same time? It's all about making small changes one step at a time - and we're here to help you!

According to some studies, measuring both children and adults, exercise alone has a small, if any, association with weight loss and reversing obesity. That's because our diet plays the biggest role.

We're not telling you to forgo fitness altogether -- because working out can improve your mood and reduce the risk of cardiovascular disease among other benefits -- but you can't out exercise a bad

diet. So, what exactly does a healthy diet look like? That's going to be different for everyone, but here are some tips from the *Academy for Nutrition and Dietetics*.

Check Your Diet

Make a list of any highly processed foods or sugary drinks and snacks that you could reduce or cut out. Also consider your eating habits. Skipping meals, avoiding specific food groups, or eating in front of a screen can lead to weight gain.

Make Changes One By One

After you've identified areas of improvement, try making small changes. For instance, instead of a sugary cereal and milk, try fiber-rich oatmeal and kefir, like our Kefir Apple Cinnamon Oatmeal.

Try topping your salad with a healthy homemade dressing like our tried-and-true Kefir Ranch. Making homemade versions of our favorite foods saves money and reduces waste over time!

Find What Works for You And Stick To It

As the saying goes, the perfect diet is the one that works for you. Your success will be determined by how willing you are to make small changes and stick to them. Luckily, our blog is full of health hacks and tasty recipes that can support digestion and overall health. Before you hop on the next fad diet, take the time to identify what a healthy lifestyle means to you and how you can enjoy it. In the end, that approach is a great path to success.

**Cheers to a
Happy & Healthy
2017!**

Quick Bircher Kefir Oatmeal

YIELD: 3 cups

ACTIVE TIME: 5 minutes

COOK TIME: 5 minutes

INGREDIENTS

- ¼ cup Lifeway Madagascar Vanilla Low Fat Kefir**
- 1 cup rolled oats**
- 1 cup orange juice**
- 1 Tbsp lemon juice**
- 1 apple, cored and grated**
- ¼ tsp cinnamon**
*sliced almonds and fresh fruit for garnish

DIRECTIONS

THE NIGHT BEFORE combine rolled oats, orange juice, and lemon juice. Let sit overnight.

ADD grated apple and cinnamon (add more or less to your liking) before serving. Mix in well.

TOP with kefir and garnish with fresh fruit of your choice and almonds.









Protein-Packed

kefir teams up with other digestion power houses to fight bloating and nausea in this gut-healing smoothie!

NEW YEAR NEW YOU!

The Digestion Smoothie

YIELD: 2 servings

ACTIVE TIME: 5 minutes

COOK TIME: 5 minutes

INGREDIENTS

1 cup Lifeway Madagascar Vanilla Low Fat Kefir

½ cup carrot juice

½ cup apple juice

2 bananas

1 tsp grated ginger

***hemp seeds as garnish**

DIRECTIONS

ADD all ingredients into a blender and blend on high until smooth, or until desired consistency is reached.

TIP: If you're looking to boost your body's digestive system, keep an eye out for foods that are high in fiber, Omega 3 (we often find this lacking from our diets), probiotics, and enzymes. This simple recipe covers all your bases and tastes great!





Coconut-Banana Macaroon Smoothie

YIELD: 2 servings

ACTIVE TIME: 5 minutes

COOK TIME: 5 minutes

INGREDIENTS

**1 ½ cups Lifeway Lowfat
Coconut Chia Kefir**

3 bananas

½ almonds

*coconut flakes, honey, banana, mini chocolate chips, and orange peel for garnish

DIRECTIONS

COMBINE kefir, 3 bananas, and almonds into a blender. Blend on high until thoroughly mixed.

COAT each glass rim with honey and sprinkle with coconut flakes.

SLICE a banana and cut triangles out of an orange peel.

BANANA SNOWMEN: Top each slice with two chocolate chips and an orange peel and garnish each glass with a few snowmen.

NEW YEAR NEW YOU!



Cranberry Crème Brûlée Fruit Bars

YIELD: 3 cups

ACTIVE TIME: 5 minutes

COOK TIME: 5 minutes

INGREDIENTS

- 1** pint Lifeway Original Frozen Kefir
- 1 ¼** cups Lifeway Cranberry Crème Brûlée Low Fat Kefir
- ½** cup walnuts
- ½** cup almonds
- 1** cup pitted dates
- ¼** cup coconut flakes
- 1 ½** cup frozen/fresh cranberries
- ¾** cup powdered sugar
- 4** grams agar agar powder
- ½** lemon, squeezed

DIRECTIONS

BLEND dates, walnuts, almonds, and coconut in a food processor until a sticky paste or dough forms. Press the mixture into the bottom of a 9x5 pan lined with parchment paper. Chill in fridge for 15 minutes.

LAYER frozen kefir on top of the crust and freeze for 30 minutes.

SQUEEZE lemon juice into a small bowl and sprinkle the agar agar powder over top. Let sit until the powder softens, about 3-5 minutes.

PUREE cranberries until smooth, scraping down the bowl as needed.

COMBINE cranberry puree and sugar in a small saucepan and cook over medium heat until bubbles form at the edge. Add agar agar mixture and cook, stirring constantly, just until it dissolves, about 1 minute.

REMOVE from heat and set aside ½ cup for the top cranberry glaze.

LET COOL to room temperature and then beat in the cranberry kefir until fully incorporated.

LAYER the cranberry mousse on top of the date nut crust and tap gently to release any bubbles. Freeze it for at least 3 hours. Once set, spread cranberry glaze on top of mixture, freeze again for 30 minutes.



Wildberry Pie Smoothie Parfait

YIELD: 3 cups

ACTIVE TIME: 5 minutes

COOK TIME: 5 minutes

INGREDIENTS

- 2 cups Lifeway Mixed Berry Protein Kefir**
- 1** cup frozen raspberries
- 1** cup frozen blackberries
- 1** cup frozen blueberries
- 1** apple, cored
 - *raspberries, blackberries, blueberries, and graham crackers for garnish

DIRECTIONS

COMBINE frozen raspberries, blackberries, and blueberries, the apple, and kefir into a blender. Blend until smooth.

PLACE a few graham cracker cookies in a ziplock bag and crush using a rolling pin (or any round object).

POUR smoothie mixture into tall glasses, top with a layer of crushed graham cracker crumbs, and garnish with cookie pieces and fresh fruit.

KEFIR CUPS
**COMING
 SOON**



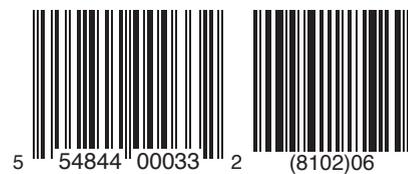
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EXPIRES 12/31/2016

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