

MADE *with* LIFEWAY

SPRING 2017 EDITION



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.*



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Top of the Toast to Ya

From sweet and fruity to rich and savory, our strained Kefir Cups and Farmer Cheese Cups are perfect for all your favorite toast toppings!

LOX BAGEL

- sesame bagel
- Natural Farmer Cheese
- cucumbers
- smoked salmon
- dill

POPPY BAGEL

- whole wheat bagel
- Natural Farmer Cheese
- green onions
- poppy seeds
- garlic salt

TROPICAL BERRY

- sourdough toast
- Blueberry Lavender Farmer Cheese
- sliced pineapple
- mint
- lime zest

NUTTY BANANA

- whole wheat toast
- Natural Strained Kefir
- teaspoon honey
- almond butter
- banana slices

APPLE CINNAMON

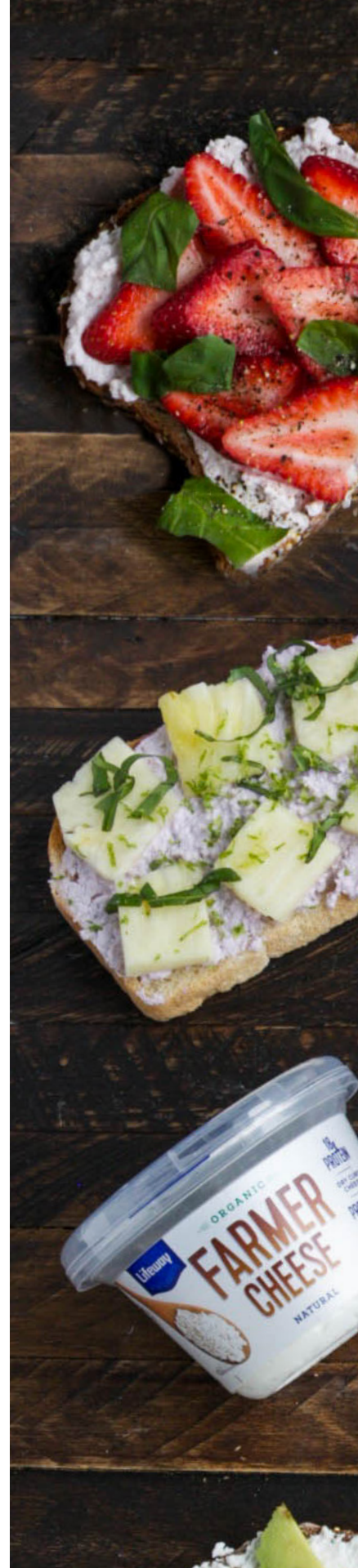
- sourdough toast
- Natural Strained Kefir
- honey
- green apple slices
- cinnamon

STRAWBERRY BASIL

- whole wheat toast
- Strawberry Rosehip Farmer Cheese
- basil leaves
- black pepper

PEACHY AVOCADO

- whole wheat toast
- Peach Organic Farmer Cheese
- avocado slices
- lemon juice









Berry Hibiscus Blast

SERVES 2

Treat yourself to a taste of the tropics! This smoothie bowl is the perfect canvas for any of your favorite toppings. We love it with kiwi, raspberries, and coconut flakes.

INGREDIENTS

- 2 cups Hibiscus Rhubarb Pie Low Fat Kefir
- 2 cups frozen raspberries
- 1 frozen banana
- Toppings: Fresh fruit, cocoa nibs, coconut flakes, and chia seeds

DIRECTIONS

1. Add all ingredients to the pitcher of a high-powered blender. Blend on high until smooth, or until desired consistency is reached.
2. Pour into two bowls and top with fruit, cocoa nibs, coconut flakes, and chia seeds.

HIBISCUS RHUBARB PIE

Same Delicious Flavor
NEW LOOK
Back on Shelves!

Kale-Yeah!

SERVES 2

A blend of hearty kale, creamy avocado, and our Organic Coconut Whole Milk Kefir make this smoothie a lean, green, nutritional machine.

INGREDIENTS

- 2 Cups Lifeway Coconut and Cream Whole Milk Kefir
- 2 handfuls of kale
- 1 avocado
- Fresh berries to garnish

DIRECTIONS

1. Add all ingredients to the pitcher of a high-powered blender. Blend on high until smooth, or until desired consistency is reached.
2. Pour into two glasses and garnish with fresh fruit.







Seamus Mullen's Big Ass Salad

SERVES 2

Having trouble eating healthy at work? Try prepping Seamus Mullen's BAS the night before to upgrade your desk lunch and improve your whole day.

INGREDIENTS

Salad

- ½ cup Lifeway Farmer Cheese
- 3 cups mixed baby kale and radicchio
- 1 cup or 3-4 oz roasted chicken or rotisserie chicken meat
- 1 cup roasted Brussels Sprouts*
- 2 TBSP raw pumpkin seeds
- 1 carrot, cut into ribbons with a vegetable peeler
- 2 sprigs cilantro, torn
- Salt and pepper to taste

Dressing

- ½ cup Plain Low Fat Kefir
- Juice of 2 limes
- ¼ cup extra virgin olive oil
- Salt and pepper to taste

DIRECTIONS

1. For the salad: Mix all of the ingredients together in a big mixing bowl.

2. After thoroughly mixing the salad ingredients, divide into two portions.

3. For the vinaigrette: Toss all ingredients in a small mason jar, shake it up, and store in the fridge until ready to be poured onto the salad.

4. When ready to eat, pour half of the creamy kefir vinaigrette onto one of the salad portions.

NOTES

Sauté the Brussels sprouts over high heat the night before in olive oil with salt, pepper and a squeeze of lemon until tender, about 7 minutes.

Probiotic Gazpacho

SERVES 2

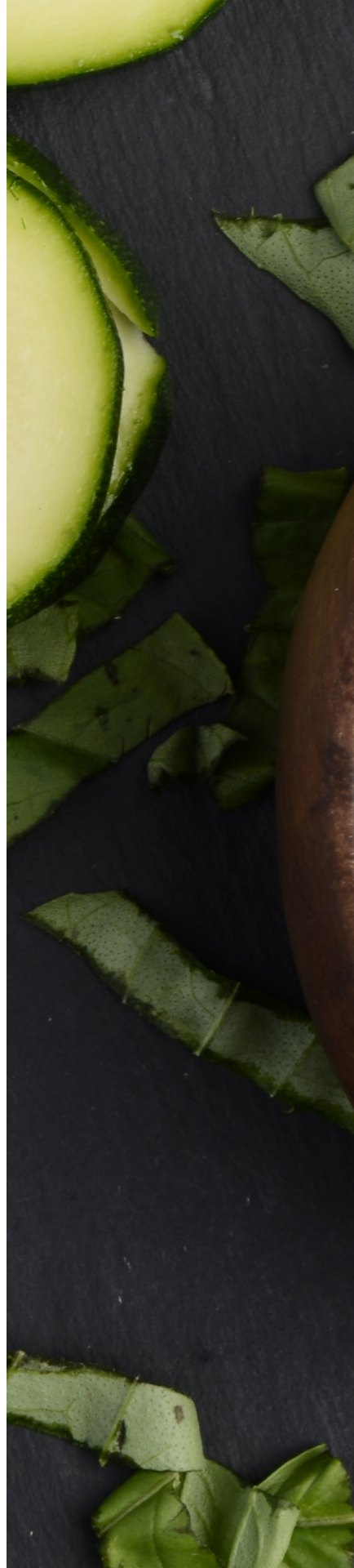
Cool, creamy, and refreshing, our Cucumber Basil Zucchini Gazpacho is the perfect summer soup.

INGREDIENTS

- ¾ cup Lifeway Organic Plain Whole Milk Kefir
- 2 zucchinis, seeded and chopped
- 3 cucumbers, seeded and sliced
- 4 scallions, chopped
- ½ cup fresh basil leaves, plus more for serving
- ¼ cup fresh lemon juice
- ⅔ cup olive oil, plus more for drizzling
- Sea salt and black pepper

DIRECTIONS

- 1.** Add zucchini, cucumber, scallions, fresh basil, lemon juice, and olive oil to a blender. Blend until smooth.
- 2.** Add ¾ cup Lifeway Organic Whole Milk Kefir, one teaspoon of salt, and one teaspoon of pepper. Blend until just combined.
- 2.** Pour mixture into bowls and top with remaining kefir, basil, salt, and black pepper. Drizzle with olive oil. Serve cold and enjoy!









Strained Kefir Cookie Dough Dip

Our Strained Kefir Cookie Dough Dip is a healthy treat packed with protein and probiotics.

INGREDIENTS

- 1 Natural Kefir Cup
- 1 Tbsp peanut butter
- 2-3 teaspoons maple syrup (as desired)
- 1 teaspoon vanilla
- ½ teaspoon sea salt
- 1 Tbsp cocoa nibs, to top
- Fresh fruit, to serve

DIRECTIONS

1. Add strained kefir, peanut butter, maple syrup, vanilla, and salt to a bowl and mix thoroughly.
2. Garnish with cocoa nibs and serve with fresh fruit!

Mother's Day Parfait

SERVES 2

With flavors of fresh strawberries and floral rosehips, this chocolatey parfait is exactly what mom's hoping for this Mother's Day!

INGREDIENTS

- 1 container of Strawberry Rosehip Farmer Cheese Cup*
- 4 fresh strawberries
- 1 brownie*
- 1 Tbsp of the truffle marcona almonds (optional)

DIRECTIONS

1. Scoop $\frac{1}{4}$ of the Strawberry Rosehip Farmer Cheese Cup into the bottom of each glass.
2. Layer four or five strawberry slices on top of the farmer cheese.
3. Top strawberries with $\frac{1}{2}$ of the brownie.
4. Scoop remaining Strawberry Rosehip Farmer Cheese Cup on top of the brownie.
5. Layer a couple more strawberry slices on top of the farmer cheese and top with the truffle marcona almonds.

Notes: We used Strawberry Rosehip Farmer Cheese, but any flavor will work! Gluten free? No problem! Just use a gluten-free brownie.

