



MADE WITH

Lifeway[®]

EST. 1986



Lifeway Foods is on a mission to make healthy eating easier. It's a mission that started in 1986 when we first began producing Lifeway Kefir. Like all good missions, ours is simply expressed - we're here to provide the best in probiotic and nutritious foods to improve the health of our customers. And, fuel healthy bodies and minds for generations to come.

Lifeway Kefir and cultured dairy products are nutrient-rich choices that are high in protein, vitamins and minerals that are essential for every day health. In addition, our unique blend of probiotics helps maintain a healthy gut microbiome to support digestive and immune health, and positively affect mood.

Kefir and cultured dairy products can easily be used as a nutrient-rich replacement or addition to recipes throughout the day. Try some of our favorite recipes to give your day a probiotic boost and #LoveYourGuts at every meal.

YOU CAN FIND MORE RECIPES AT [LIFEWAYFOODS.COM/RECIPES](https://www.lifewayfoods.com/recipes)

Earl Grey Toast

SERVINGS: 2

TOAST INGREDIENTS:

½ CUP FARMER CHEESE
1 TBSP MAPLE SYRUP
1 TEA BAG OF EARL GREY
½ TSP ALMOND SLICES
2 SLICES OF WHOLE WHEAT
BREAD, TOASTED
PINCH OF SEA SALT

COMPOTE INGREDIENTS:

1 SMALL PKG FRESH/FROZEN
BLACKBERRIES
1 TSP DARK BROWN SUGAR
1 TBSP CHIA SEEDS

Directions:

Combine blackberries, chia seeds and sugar in a small saucepan and cook over medium-low heat for 10-15 minutes until reduced and thickened slightly. Let cool.

In a small bowl, mix together earl grey tea packet, farmer cheese, a pinch of salt and maple syrup until well combined.

Spread farmer cheese mixture evenly onto toasted bread slices, and top with cooked blackberry compote and almond slices.

Nutrition information per serving: 277 calories; 7g fat; 3g sat fat; 10mg cholesterol; 10 sodium; 40g carbohydrates; 9g fiber; 17g sugar; 8g added sugar; 10g protein; 11% DV vitamin A; 10% DV vitamin D; 28% DV calcium; 11% DV iron; 5% DV potassium.





Snacktime Smoothie

SERVINGS: 1-2

INGREDIENTS:

1 CUP STRAWBERRY LOWFAT
KEFIR

½ CUP FROZEN RASPBERRIES

½ FROZEN BANANA

1 TBSP ALMOND BUTTER

FRESH RASPBERRIES,
ALMONDS & GRANOLA TO
GARNISH

Directions:

Combine all ingredients into a high speed blender and blend until smooth.

Top with fresh raspberries, almonds, and granola as desired!

Nutrition information per serving: 327 calories; 12g fat; 2g sat fat; 11mg cholesterol; 121mg sodium; 48g carbohydrates; 8g fiber; 32g sugar; 0g added sugar; 12g protein; 28% DV vitamin A; 25% DV vitamin D; 34% DV calcium; 7% DV iron; 22% DV potassium.

Southwest Quinoa Salad with Spicy Superfood Salad Dressing

SERVINGS: 1

SALAD INGREDIENTS:

3 CUPS KALE, *CHOPPED*

½ CUP YELLOW CORN KERNELS

½ CUP LOW SODIUM CANNED BLACK BEANS, DRAINED AND RINSED

½ CUP COOKED QUINOA

½ RED ONION, *CHOPPED*

DRESSING INGREDIENTS:

¼ CUP PLAIN ORGANIC WHOLE MILK KEFIR

¼ CUP CILANTRO, *CHOPPED*

1 CLOVE GARLIC, *MINCED*

¼ CUP FRESH LIME JUICE

¼ CUP HOT SAUCE (OR TO TASTE)

¼ CUP WATER

1 TEASPOON MAPLE SYRUP

½ TEASPOON CUMIN

SEA SALT AND PEPPER, TO TASTE

Directions:

Combine salad ingredients in small bowl; set aside.

In another small bowl, whisk dressing ingredients together until well blended. Pour over salad and toss to combine. Serve and enjoy!

Nutrition information per serving: 442 calories; 6g fat; 2g sat fat; 8mg cholesterol; 1870mg sodium; 86g carbohydrates; 17g fiber; 18g sugar; 4g added sugar; 20g protein; 30% DV vitamin A; 6% DV vitamin D; 22% DV calcium; 32% DV iron; 30% DV potassium.





Southwestern Farmer Cheese Poppers

SERVINGS: 3-4

INGREDIENTS:

7 JALAPEÑOS, CUT IN HALF

1 CUP FARMER CHEESE

¼ CUP CHOPPED COOKED BACON

½ CUP SAUTÉED RED, GREEN, AND YELLOW PEPPERS

¼ CUP COOKED YELLOW CORN KERNELS, THAWED FROM FROZEN OR CANNED

½ TSP CHILI POWDER

½ TSP GARLIC POWDER

½ TSP SALT

½ TSP CAYENNE PEPPER

½ TSP SMOKED PAPRIKA

Directions:

Cut the jalapeños in half and place aside.

Mix the farmer cheese with bacon, corn, peppers, and spices in a medium bowl.

Fill each half of jalapeño evenly with the seasoned farmer cheese. Place in air fryer or on foil lined tray in oven at 350 degrees for 10-15 minutes or until cheese starts to get a golden tint.

Nutrition information per serving: 160 calories; 7g fat; 3g sat fat; 20mg cholesterol; 544mg sodium; 11g carbohydrates; 2g fiber; 6g sugar; 0g added sugar; 14g protein; 20% DV vitamin A; 13% DV vitamin D; 28% DV calcium; 4% DV iron; 8% DV potassium.

Grilled Lamb Chops with Kefir Verde Sauce

SERVINGS: 4

LAMB INGREDIENTS:

1 TEASPOON FRESHLY
CRACKED BLACK PEPPER

2 TABLESPOONS MALDON
SEA SALT

3 CLOVES GARLIC, *MINCED*

1 ¼ CUPS ORGANIC PLAIN
WHOLE-MILK KEFIR

½ CUP CHOPPED FRESH
MINT

1 ½ CUPS FRESH OR
BOTTLED POMEGRANATE
JUICE

VERDE SAUCE INGREDIENTS:

2 BUNCHES GREEN ONIONS,
WHOLE

2 TABLESPOONS EXTRA
VIRGIN OLIVE OIL

½ TABLESPOON MALDON
SEA SALT

1 CLOVE GARLIC, *PEELED*

1 CUP FRESH CHOPPED
PARSLEY

1 CUP ORGANIC PLAIN
WHOLE-MILK KEFIR

Directions:**Lamb**

In a bowl that is large enough to accommodate the lamb, combine the black pepper, sea salt, garlic, Kefir, mint, and pomegranate juice.

Add the lamb, stirring well to coat, and let it marinate in the refrigerator overnight. Take the lamb out of the refrigerator 1 hour before cooking (discard the marinade).

Fire up your outdoor grill to very hot. Wipe the grill grates with a bit of oil and grill the lamb on high, about 5 minutes per side.

Set the chops aside and let them rest for 10 minutes. (If you don't have an outdoor grill, you can use a grill pan or cast-iron skillet.)

Verde Sauce

In a medium bowl, toss the green onions with the olive oil and sea salt and cook on the grill until blackened. Set aside to cool.

In a blender, combine the blackened green onions, garlic, parsley, and Kefir and puree until smooth.

Nutrition information per serving: 389 calories; 21g fat; 7g sat fat; 110mg cholesterol; 2230mg sodium; 14g carbohydrates; 1g fiber; 11g sugar; 0g added sugar; 36g protein; 35% DV vitamin A; 11% DV vitamin D; 23% DV calcium; 20% DV iron; 23% DV potassium.



Excerpted from THE Kefir COOKBOOK BY JULIE SMOLYANSKY.
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Mint Matcha Frozen Kefir

SERVINGS: 4-6

INGREDIENTS:

3 BANANAS, FROZEN
½ CUP ORGANIC PLAIN
WHOLE MILK KEFIR
1 TBSP CHOPPED FRESH
MINT LEAVES
2 TSP MATCHA POWDER
2 TBSP CACAO NIBS OR
DARK CHOCOLATE CHIPS

Directions:

Add bananas, kefir, mint leaves and matcha to base of food processor or high-powered blender. Blend until smooth.

Spoon mixture into a container and stir in cacao nibs. Place kefir cream in the freezer for an hour for a firmer texture. Enjoy!

Nutrition information per serving: 138 calories; 4g fat; 2g sat fat; 4mg cholesterol; 18mg sodium; 25g carbohydrates; 5g fiber; 12g sugar; 0g added sugar; 4g protein; 1% DV vitamin A; 3% DV vitamin D; 4% DV calcium; 3% DV iron; 9% DV potassium.



Lifeway

EST. 1969

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