

Reasons to Love Lifeway



- + Packed With Probiotics
- + Suitable For People Who Are Lactose Intolerant
- + Good Source Of Protein
- + Sweetened & Unsweetened Varieties
- + Supports A Healthy Gut
- + Makes You Happy

LIFEWAYFOODS.COM
[#LOVEYOURGUTS](https://www.instagram.com/loveyourguts)



Lifeway's Kitchen Conversion Chart

Lifeway products can be easily used as a replacement or addition to your favorite recipes as a healthy superfood swap!

ORDINARY

PROBIOTIC BOOST

1 cup milk

1 cup kefir

1 cup sour cream

$\frac{1}{4}$ cup kefir + $\frac{3}{4}$ cup farmer cheese*

1 cup mayonnaise

$\frac{1}{4}$ cup kefir + $\frac{3}{4}$ cup farmer cheese*

1 cup buttermilk

1 cup kefir

8oz cream cheese

8oz farmer cheese

1 cup heavy cream

1 cup whole milk kefir

1 cup oil

$\frac{3}{4}$ cup farmer cheese + 2 tbsp kefir

1 cup ricotta

1 cup farmer cheese

1 cup cottage cheese

1 cup farmer cheese

1 cup butter

$\frac{1}{2}$ cup farmer cheese + $\frac{1}{2}$ cup butter*

*PROCESS IN BLENDER OR FOOD PROCESSOR FOR SMOOTHER CONSISTENCY, IF DESIRED