

Yogurt Cream Cheese

INGREDIENTS

1 quart plain yogurt (whole milk or low fat)

PREPARATION

Line a large strainer or colander with cheese cloth.

Place the strainer or colander over a bowl and then place the yogurt in the strainer and let drain overnight.

Cover the bowl and strainer with plastic wrap so nothing will accidentally drop into the draining yogurt.

After 12 hours, take the cheese cloth and very gently squeeze any remaining moisture out of the cheese.

Empty the whey from the bowl and let stand another 8 hours.

Place your cheese in a clean container and your yogurt cheese is ready to use.

