

# Soft Kefir Cheese (or Yogurt Cheese)

A creamy soft cheese made from kefir or yogurt. Easy to make and a perfect substitute for sour cream, cream cheese, and more!

Yield:

Varies

Ingredients:

8 cups (or more) homemade kefir or homemade yogurt

Supplies needed:

Strainer

Bowl

Cheesecloth or thin dish towel

Instructions:

1.  
Place your strainer in the bowl. (Ideally the bottom of the strainer should rest at least a few inches above the bottom of your bowl.) Line with the cheesecloth (2 layers of 90-count cheesecloth works perfectly!) or clean thin dish towel.

2. Pour your kefir or yogurt into the cheesecloth or towel. Allow to drain for 15-20 minutes. Carefully and gently tie the towel ends together to cover the kefir (or yogurt). Allow kefir to drain for an additional 8-24 hours (can be kept out on the counter or in the fridge

while draining), until the cheese is the consistency desired.

For a sour cream consistency, I like to drain for about 8 hours. This makes a creamy spreadable texture, perfect on tacos, beans and rice, or spread on crackers!

For a thicker cream cheese consistency, drain for 18 hours (approximately). This is great for cheese balls or cheese spread.

Drain for 24 hours or so for a thick soft cheese consistency.

Add herbs if desired! Store cheese in fridge until used (keeps for several weeks).



Kefir Cheese Preparation



Kefir Cheese and Whey



Kefir Cheese

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## Easy Refried Beans

Quick and easy homemade refried beans! These beans are soft, flavorful, and good enough to eat all by themselves!

Yield:

about 2 cups

Ingredients:

2 cups cooked pinto beans\*

2 tablespoons oil

1 small clove garlic, minced

1 tablespoon chopped onion

1 tablespoon chopped green pepper

1/4 teaspoon ground cumin

~1/2 cup water, as needed

Salt, to taste

Your favorite hot sauce, to taste

Chopped fresh cilantro, optional Instructions:

1.

Heat heavy skillet or pan (I use cast iron) over medium heat.

Add oil,

then add beans, garlic, onion, pepper, and cumin. Cook and stir, mashing

with a spoon or spatula as you stir and adding a little water as

needed.

2. Cook until beans are hot and as smooth as desired (I like mine

chunky!). Add salt to taste and a few splashes of hot sauce along with

freshly chopped cilantro if desired.

Serve hot with tortilla chips for dipping, or use in any recipe calling for refried beans.



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# Best Ever Blueberry Muffins

Yield:

12 muffins

Ingredients:

2 cups all-purpose flour

1 cup sugar

2 teaspoons baking powder

1/4 teaspoon salt

2 large eggs

1/2 cup oil

1/2 cup milk, warmed in microwave

2 teaspoons vanilla extract

2 cups fresh or frozen blueberries

Instructions:

1. Preheat oven to 400 degrees. In a large bowl, mix flour, sugar, baking powder, and salt.
2. In a separate bowl, beat the eggs and oil. Add the warm

milk and vanilla extract.

3. Pour wet ingredients into dry, and stir.

4. If using fresh blueberries, wash and drain them, and then stir into batter. If using frozen blueberries, place them in a colander and run hot tap water over them for about 20 seconds. Drain berries for 5-10 seconds, then stir into batter.

5. Use muffins papers or grease 12 muffin cups (can also use mini muffin pans). Fill muffin cups 3/4 full and bake for 20-25 minutes at 400 degrees. If making mini muffin size, bake for about 14 minutes.

Muffins are done when top springs back and toothpick comes out clean. Cool in pan for 5 minutes, then remove to wire cooling racks to finish cooling.



Best Ever Blueberry Muffins

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# Best Ever Blueberry Muffins (Tammy's Recipes)

Soft, sweet, and bursting with blueberries: these blueberry muffins are our favorite homemade blueberry muffins, and super easy to make, too! Yield:

12 muffins

Ingredients:

2 cups all-purpose flour  
1 cup sugar  
2 teaspoons baking powder  
1/4 teaspoon salt  
2 large eggs  
1/2 cup oil  
1/2 cup milk, warmed in microwave  
2 teaspoons vanilla extract  
2 cups fresh or frozen blueberries

Instructions:

1. Preheat oven to 400 degrees. In a large bowl, mix flour, sugar, baking powder, and salt.
2. In a separate bowl, beat the eggs and oil. Add the warm milk and vanilla extract.
3. Pour wet ingredients into dry, and stir.
4. If using fresh blueberries, wash and drain them, and then stir into batter. If using frozen blueberries, place them in a colander and run hot tap water over them for about 20 seconds. Drain berries for 5-10 seconds, then stir into batter.
5. Use muffins papers or grease 12 muffin cups (can also use mini muffin pans). Fill muffin cups 3/4 full and bake for 20-25 minutes at 400 degrees. If making mini muffin size, bake for about 14 minutes.

Muffins are done when top springs back and toothpick comes out



clean. Cool in pan for 5 minutes, then remove to wire cooling racks to finish cooling.



### *Best Ever Blueberry Muffins*

#### Additional Notes:

This blueberry muffin recipe was created by my friend Lisa M., who has brought them to us numerous times after the birth of a baby or a move. I begged her for her recipe and have made it tens of times since she obliged. Preparation Time:

15 minutes Cooking Time:

20-25 minutes