

Probiotic cream cheese with herbs

Hands on time 10 minutes, resting time 12 – 24 hours

Ingredients:

1 large pot natural full fat organic yoghurt
Pinch salt
Squeeze fresh lemon juice

To serve

Extra virgin olive oil
Za'atar herb blend* / mixed herbs

Directions:

- Add the salt and lemon juice to the yoghurt in the pot and stir well
- Line a sieve with cheese cloth / a thin clean tea towel, pour in the yoghurt mixture and fold over the cheese cloth or tea towel to cover
- Place in the fridge to strain for 12 – 24 hours until desired consistency reached
- Place the strained cheese in a serving dish, drizzle with extra virgin olive oil and sprinkle with Za'atar or mixed herbs
- Use as a dip for wholegrain crackers or vegetable sticks

This cheese will store for up to 2 weeks in the fridge if placed in an airtight container like a jam jar and covered with a layer of olive oil.

*To make your own Za'atar blend place ½ tbsp. dried oregano, 1 tbsp sumac, 1 tbsp ground cumin, 1 tbsp. toasted sesame seeds and 1 tsp ground black pepper in a jar and shake to mix.

Instead of herbs, stir through some finely chopped sundried tomatoes and olives for a Mediterranean version