

Fresh Farmer Cheese

This easy to make cheese is a great topping for crackers, bread, or salad! Add your favorite herbs and spices for a new flavor!

Serves 6



Ingredients

- 8 cups milk, 2% or whole milk
- $\frac{1}{4}$ cup white vinegar
- 1 teaspoon salt
- Herbs and spices (optional: oregano, basil, rosemary, garlic powder or your favorites)

Nutrition Facts

Serving Size About $\frac{1}{4}$ Cup
Servings Per Recipe 6

Amount Per Serving

Calories 120 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

 Saturated Fat 3g **15%**

 Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 410mg **17%**

Total Carbohydrate 12g **4%**

 Dietary Fiber 0g **0%**

 Sugars 12g

Protein 8g

Vitamin A 10% • Vitamin C 0%

Calcium 30% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. In a large pot over medium heat, bring milk to a boil, stirring continuously.
2. Once boiling begins, immediately reduce heat to low, and add vinegar.
3. Stir until the mixture separates into curds and whey.
4. Pour mixture into a colander that is lined with cheese cloth.
5. Carefully rinse with cold water.
6. Allow the liquid to drain from the mixture.
7. Sprinkle the curds with salt.
8. Wrap up and tie cheese cloth, and gently squeeze the remaining liquid from the cheese.
9. Transfer cheese into a bowl, mix in any additional herbs and spices, and refrigerate until ready to use.

Please note: nutritional values are approximate.