

Farmer's Cheese

Ingredients:

1 gallon whole milk
3 teaspoons salt
1/2 cup white
vinegar (or lemon
juice)



Directions:

- 1. In a large pot, heat the milk on low until it reaches a temperature of 150 degrees.**
- 2. Add in the salt and mix until fully dissolved.**
- 3. Turn off the heat and add in the vinegar. Stir slowly as curds begin to form. Let sit for 5-10 minutes.**
- 4. Using a fine mesh strainer, drain the curds until all liquid has been released.**
- 5. Form the curds into a ball shape and enjoy!**
- 6. Keep in the fridge for 1-2 weeks.**

Frozen Yogurt Pops

Ingredients:

1-2 cups vanilla yogurt

1/2 cup fruit (berries, chopped banana)

1/2 cup granola (or chopped nuts, chocolate chips)

Popsicle Molds (or small cups with popsicle sticks)

.....



2. Scoop in 2-3 Tablespoons of yogurt and insert sticks.

Directions:

1. In a popsicle mold or small cup, place 1 Tablespoon of berries and 1 Tablespoon of granola.



3. Freeze the popsicles for 2-3 hours or until fully hardened. Remove from molds and enjoy!