

GREEK YOGURT

**Don't have your own 'Greek' yogurt?
Greek yogurt = strained yogurt. Make your own
using any plain yogurt off the shelf.**

**You can start with a container 32 ounces or smaller.
We like to use a reusable coffee filter used for drip coffee
makers.**

****We use a 'gold' lined one so we do not
have to line it with a paper filter. We find
this easier because the yogurt tends to stick
to the paper more that the gold coffee
filter****



**Spoon the yogurt into the coffee filter and
suspended over a bowl or mason jar in order to
collect the liquid. Do not to let the yogurt sit in
the liquid.**

**You may leave it outside the fridge overnight.
This usually develops the tanginess. However
some people prefer to leave in the fridge
overnight.**

**In the morning you will have nice thick yogurt.
Leave it more time if you want an yogurt-type
cheese.**

**The yogurt-type cheese can be
mixed with diced olives and a little
olive oil with salt and pepper to
make a great base for spreads.**

Experiment and let us know!