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
- 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 1/4 Cup

Servings Per Recipe 6		
Amount Per Serving		
Calories 120 Calo	ories fron	n 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 0	0%
Calcium 30% • I	ron 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 Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 Carbohydrate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

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.