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WHEY

Amount may varies Whey is used to make lacto-fermented foods and removes phytic acid from grains.

1 quart of one of the following:
plain organic yogurt (commercial or homemade)

Line a large strainer with a clean dish towel or several layers of cheesecloth and set over a bowl.

Strainer should fit into the bowl.

Pour in the yogurt or kefir into the strainer, cover, and let stand at room temperature for several hours.

The whey will filter into the bowl and the milk solids will remain in the strainer.

When the whey stops filtering down into the bowl, the cheese is ready. Store the whey in a mason jar and the cream cheese (the milk solids) in a covered glass container.

Refrigerated, the cream cheese lasts about 1 month, and the whey will keep about 6 months.