

Homemade Labneh

Culinary Medicine, Nutrition Services

Serves: 8, Serving Size: 1/2 cup

Equipment: colander, cheesecloth, string, large bowl, spoon

Ingredients

1 quart whole-fat plain yogurt with live probiotics

1 teaspoon salt

Personalize It!

- Sweet: 1 tbsp maple syrup, 1 tsp cinnamon, 1/2 tsp nutmeg
- Savory: 1/2 cup chopped fresh herbs, zest of 1 lemon, 1 tsp garlic powder, 1/2 tsp black pepper, drizzle of olive oil
- Spicy: 1 tsp cayenne, 1 tsp paprika, 1 tsp red pepper flakes, 1 tsp garlic powder

Instructions

1. Line a colander with several layers of cheesecloth. Place colander inside a bowl.
2. Pour yogurt onto the center of the cheesecloth.
3. Pick up edges of the cheesecloth and tie the yogurt into a ball, secured at the top. Hang from somewhere secure with the bowl underneath to catch the liquid whey.
4. Leave 24 hours to drain, the liquid whey will separate from the curd.
5. Remove cheese from cheesecloth into a bowl, season as desired, and serve with crackers, pita, and fresh vegetables for dipping.



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Why We Like This Recipe

Make cheese from yogurt! Sweet or savory, add any herbs or spices you like to this delicious, creamy, spreadable cheese full of probiotics for a healthy gut.

Chef's Notes:

- This is a great chance to use your favorite seasoning blends like za'atar, barbeque, or pumpkin spice.
- Make sure you use whole-fat plain yogurt, many of our local Vermont producers make yogurt perfect for this recipe, while some national brands might not work as well.

Nutrition Notes:

- Lactobacilli are shown to improve the gut's ecology as effective probiotics.
- Yogurt is a great source of calcium.

Gardener's Notes:

- Milk produced by grass fed cows is higher in beneficial fatty acids. Switching cows to grass and legume-based diets can lower production costs for farmers as well.



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