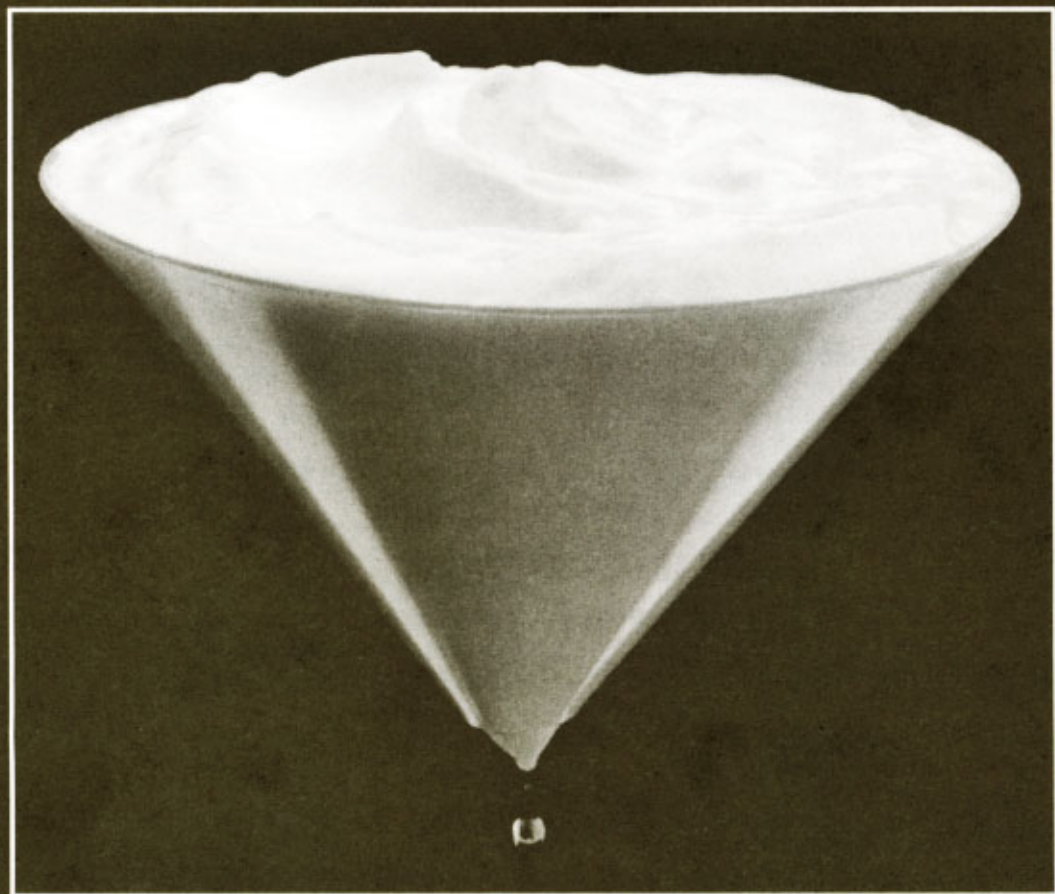


MIKE'S FAMOUS
YOGURT CHEESE
MAKER™

GRAVITY POWERED



"The Funnel"

YOGURT CHEESE RECIPES

KITCHEN WISDOM

☛ Quantities are approximate and are easily varied to taste (or how much yogurt cheese is on hand).

☛ Stirring softens yogurt cheese. Allow a few hours in the refrigerator after mixing (uncovered) to let it firm.

☛ It's fun to try new mixtures because you can taste as you go.

☛ Yogurt is sensitive to heat, so do not heat alone or allow to boil. In cooking, combine with flour, cornstarch or eggs. Try to add yogurt cheese to hot foods at the end of the cooking time.

☛ You can turn any mixture into a dip by adding a few drops of liquid (such as water or fruit juice) to the yogurt cheese.

☛ Yogurt cheese frees well. If the texture becomes grainy, stir till smooth.

VEGGIE SPREAD

- 1 envelope unflavored gelatin
- 1 ³/₄ cups plain yogurt cheese
- ¹/₄ cup mayonnaise
- 1 tsp salt
- ¹/₄ tsp hot pepper sauce
- 1 cucumber, peeled & chopped
- 1 cup chopped celery
- 1 onion, finely chopped
- 2 tomatoes, peeled & chopped
- 2 carrots, grated or chopped
- 1 green pepper, chopped

Soften gelatin in ¹/₄ cup cold water. Add ¹/₄ cup boiling water; stir till dissolved. Cool.

Mix in yogurt cheese, mayonnaise, salt and pepper sauce. Fold in veggies (you can chop everything in the food processor). Makes about 5 cups.

CHICKEN & NECTARINE SALAD

- ²/₃ cup plain yogurt cheese
- 2 Tbsp grated Parmesan cheese
- 1 Tbsp lemon juice
- ¹/₂ tsp onion powder
- ¹/₂ tsp salt, or to taste
- 2 cups cooked chicken, cubed
- 2 nectarines, peeled & cubed
- 1 cup thinly sliced celery
- ¹/₂ cup sliced green onions
- 1 can water chestnuts, sliced

Mix yogurt cheese, Parmesan cheese, lemon juice, onion powder & salt. Combine remaining ingredients, and fold in yogurt cheese mixture. 6–8 servings.

SALMON MOUSSE

- 1 envelope unflavored gelatin
- 1 Tbsp lemon juice
- ¹/₂ small onion
- 1 can (1 lb) salmon, drained
- ¹/₄ tsp paprika
- 1 tsp dried dill
- 1 ¹/₂ cups yogurt cheese

Place gelatin, lemon juice and onion in the food processor or blender; add ¹/₂ cup boiling water with the machine running.

Add salmon (skin removed); pulse several times. Add paprika and dill, and pulse several more times. Stir in yogurt cheese. Pour into 1-qt mold and chill.

BAKED POTATO TOPPING

#1: Put yogurt cheese on your baked potato instead of sour cream.

#2: Add sour cream flavor buds, chives and/or herb mix to yogurt cheese.

STUFFED BAKED POTATOES

- 2 baked potatoes
- 10-oz pkg frozen chopped broccoli
- 1/2 Tbsp minced parsley
- 1 cup plain yogurt cheese
- 1 tsp herb blend seasoning

Cut baked potatoes in half the long way. Cook broccoli; drain well and mix with yogurt cheese, parsley and seasoning. Spoon over potatoes.

MEXICAN QUICHE SQUARES

- 6 egg whites
- 1/2 cup + 2 Tbsp all-purpose flour
- 1 tsp baking powder
- 1 cup + 2 Tbsp plain yogurt cheese
- 6 oz Monterey Jack cheese, grated
- 4-oz can diced green chiles, drained

Preheat oven to 350°. Spray an 8 x 8-inch baking pan with non-stick cooking spray.

In large bowl, whisk egg whites until foamy. Add flour, baking powder & yogurt cheese and whisk until smooth. Fold in the Monterey Jack cheese and chiles. Spread in the pan and bake 30–35 minutes. Cool in pan 10 minutes. Cut into 2-inch squares. Makes 16 squares.

FROSTING

- 1 cup vanilla yogurt cheese
- 1/2 cup confectioners' sugar
or other sweetener to taste
- 1/2 tsp vanilla

Mix together. Chill. Spread on cake just before serving.

CHEESECAKE *(Incredibly rich-tasting and only 80 calories per slice!)*

- 2 cups vanilla yogurt cheese
- 2–4 Tbsp sugar or other sweetener to taste (optional)
- 1 Tbsp cornstarch
- 2 eggs, lightly beaten

Combine yogurt cheese, sweetener & cornstarch, mixing gently with a fork or wire whisk. Stir in eggs. Pour into a 7- or 8-inch pie pan.

Bake in a preheated 325° oven 20–25 min. Refrigerate 24 hours, uncovered. 8 servings.

LEMON CHEESECAKE

- 2 cups non-fat yogurt cheese
- 1/4 cup + 3 Tbsp. sugar, or to taste
- 1 Tbsp cornstarch
- 4 egg whites
- 1 lemon, juice
- 1 tsp vanilla
- 1/2 tsp grated lemon peel, or 1/4 tsp lemon extract

Combine yogurt cheese, sugar, cornstarch, lemon juice and vanilla, mixing gently with a fork or wire whisk until well blended. Stir in eggs. Pour into a 7- or 8-inch pie pan and smooth the top with a spatula.

Bake in a preheated 325° oven 20–25 min. Refrigerate 24 hours, uncovered. 8 servings.

WHIPPED CREAM

Add 1/4 tsp cinnamon or 1/2 tsp vanilla to 1 cup vanilla yogurt cheese.

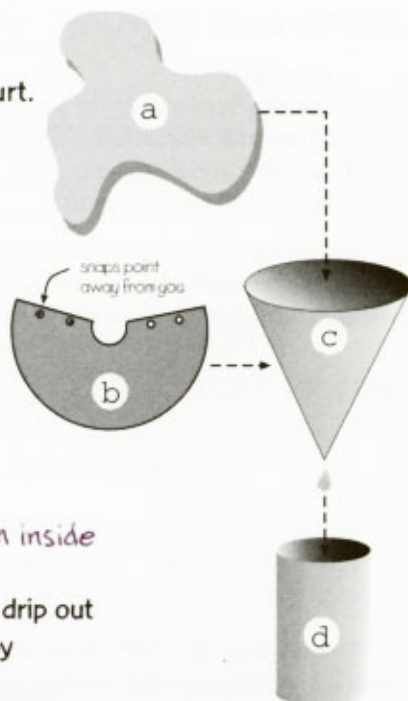
What to do if your funnel does not drain

1. With both buttons snapped, examine the mesh tip. Make sure the flap is not folded under. If you don't have a sharp point, push your finger into the tip to make one.
2. Check the ingredients on the yogurt carton. If gelatin is listed, use a brand without gelatin.
3. Try another brand of yogurt as a test. The one you used may come from a non-conforming batch that doesn't allow the whey to separate.
4. If you still can't solve the problem, return the funnel to P.O. Box 13355, Gainesville, FL 32604, and we'll send you another one.

WELCOME to the world of yogurt cheese, where you can eat healthy with no effort. With my patented, GRAVITY-POWERED Yogurt Cheese Maker, just add yogurt.

It filters out the whey, and also removes sodium, lactose and sugar—giving you a tastier, spreadable, cookable, creamy cheese. This is my kind of kitchen appliance: no moving parts, dishwasher safe, virtually unbreakable (it has a lifetime guarantee), and it looks good as a little hat.

Mike



Really Easy Directions

- Get some yogurt (a)
- Snap funnel (b) into cone shape (c), mesh inside
- Place nose down into tall glass (d)
- Put yogurt into funnel and let the whey drip out
- Scoop (or pop) out the cheese and enjoy

Yogurt Cheese ...

HIGH CALCIUM

- a quick snack, on-the-run breakfast, or rich-tasting dessert

LOW SODIUM

- takes on the flavor of what you mix it with, like ice cream or mayonnaise

HIGH PROTEIN

- can be eaten straight, spread, or added to your favorite sandwich or salad

LOW LACTOSE

- loses the sugar from sweet yogurt, but keeps the sweet taste

LOW CALORIE

- imagine cheesecake that's only 80 calories a slice (the recipe's inside)

100% FAT FREE

- when made with plain nonfat yogurt

Compare!

1 cup of...	calories	fat (gm)	sodium (mg)	protein (gm)	calcium (mg)
Yogurt Cheese*	160	0	160	18	560
Cream Cheese	792	72	672	19	184
Mayonnaise	1,580	176	1,248	0	32
Margarine	1,625	184	2,432	0	64
Butter	1,625	184	2,235	0	64

