

Greek "Cream Cheese"

Yield: 6-8 Servings **Author:** Lauren

Prep time: 5 M Cook time: 24 hour Total time: 24 H & 5 M

Healthy fat free greek yogurt, turned into a creamy cream cheese substitute. Very little work is involved and it gives you a free cream cheese substitute for any of your favorite recipes, especially baking!

INGREDIENTS:

Ingredients

- 2/3rds Large Container Fat Free Plain Greek Yogurt

Things You

- Bowl
- 2 Coffee Filters
- Metal Mesh Strainer
- Foil

INSTRUCTIONS:

1. Place strainer in bowl, making sure it fits on top of the bowl without touching, or almost touching the bottom
2. Place one coffee filter into the strainer
3. Add greek yogurt into strainer
4. Flatten out 2nd coffee filter and place on top of the greek yogurt
5. Cover the set up with foil, and place in the fridge for 24-36 hours, until most of the liquid has drained from the Greek Yogurt
6. Place in a seal-able container and use as a substitute in recipes that call for cream cheese!