

# Labneh

Labneh is kind of like a healthy version of cream cheese, and you can use it in the same manner as its cream made counterpart with the reassuring knowledge that it is a lot better for you and much lower in fat. There are so many tasty ways you can use this Mediterranean yoghurt cheese and it is so simple to make that you only need two ingredients, yoghurt and salt.

*Makes approximately 2 cups*

## Ingredients

- 4 cups / 1 kilogram full fat unsweetened yoghurt or Greek yoghurt
- ¼ teaspoon salt

## Method

1. Put a colander over a small bowl and place a piece of cheesecloth over the colander. Mix the salt through the yoghurt and pour it into the cheesecloth lined colander. Fold the remaining cheesecloth over the yoghurt and place a plate on top.
2. Refrigerate for 24 – 48 hours depending on how thick you like your labneh.
3. Once your labneh is ready tip the whey out of the bowl at the bottom and put it into a jar with a lid on. This can be stored for 3 – 4 weeks in the fridge to be used at your leisure.
4. Put the labneh into a sealed container and use within a week in dips, spreads, desserts, and icings as you would cream cheese.

*\*\*You can make vegan labneh by straining coconut yoghurt in exactly the same manner as you would regular yoghurt. This is a wonderful variation when using it as a dessert element as it lends a lovely rich coconut flavour.*