



Homemade Cream Cheese

You need

- 1kg Amasi (makes about 400g of cream cheese)
- Herbs & spices (of choice, I use FitFood Secret Spice, salt & pepper)
- Colander
- Glass bowl (that colander can fit in)
- Cheese cloth

Calories/s

4,15

Prep time

10-15 min

Servings (s)

4

Method:

- Line the colander with the cheese cloth
- Place the colander (with cheese cloth) over the glass bowl (to catch the liquid)
- Pour 1kg Amasi into the cheese cloth
- Close the cloth and let stand in the fridge for 24 hours
- Check now and then to clear the liquid from glass bowl (depending on size of bowl)
- 24 hours later: remove the cream cheese from cheese cloth into a separate bowl
- Mix in herbs and spices
- Enjoy!
- It goes well with seed crackers

Nutritional Information

Serving Size	per meal
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	Per serve
Energy	218 kJ
	52 cal
Protein	2,66g
Carbohydrates	4,15g
Sugar	4,15g
Fat	2,82g
Saturated Fat	1,58g
Trans Fat	0g
Polyunsaturated Fat	0g
Monounsaturated Fat	0g
Cholesterol	0mg
Fiber	0g
Sodium	40mg
Potassium	0mg

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