

Cream Cheese & Ricotta Substitute

Turning Greek Yogurt into a fat free Cream Cheese Substitute

DIY Fat Free "Cream Cheese" & Ricotta Cheese Substitute

Ever wanted to make a dip or frosting that calls for a boatload of cream cheese, or a ricotta filling for something, but are in sticker shock at how many points that adds to a recipe? Well... there's a simple way to substitute them out for 0 points. Make your own substitutes by overnight straining fat free Greek Yogurt (for cream cheese sub.), or... BLEND fat free cottage cheese in a blender or food processor (for ricotta cheese), then strain it overnight. If you are going the cream cheese route, I highly, highly, highly recommend FAGE 0% fat free Greek Yogurt. Once strained, mix in some "Cream Cheese Flavor Extract" and use it in place for cream cheese in dips, spreads and in appetizers. FOR RICOTTA cheese sub., the blended and strained fat free COTTAGE CHEESE, works much better. It has the slight cheesy savoriness of ricotta, along with having a nearly identical texture. I've used it in place of ricotta in my low point cannoli filling, with no complaints.

Yields: 4 cups

Servings: The servings is completely dependent on the application for which you plan to use the strained yogurt. Below, I will post the TOTAL POINTS for the entire container's worth of yogurt. (or fat free cottage cheese) Use as much as your recipe requires.

Serving Info:

Yield: 4 cups
Servings: n/a
Serving Size: n/a



R D
0-7
Points for the
ENTIRE batch

- last checked 11/14/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

What You'll Need (cream cheese version):

- 35oz FAGE/Chobani Fat Free Greek Yogurt
- Cheese Cloth
- Strainer/Sieve
- Large Bowl
- Plastic Wrap



Directions:

- 1 Attach or set a plastic or metal strainer onto a large bowl or pot in such a way that the strainer will not come in contact with any liquid that drips to the bottom.
- 2 Line the bowl of the strainer with 6-8 layers of cheesecloth or paper coffee liners (much cheaper).
- 3 Pour all of the Greek Yogurt onto the cheesecloth.
- 4 Cover it all with plastic wrap and set in the refrigerator for at least 12-14 hours.
- 5 Store in an air tight container, mix with any flavorings you want and use in place of regular cream cheese.

Ricotta Cheese Variation:

As stated above, the process is very similar:

- Use a food processor or blender to 'process' 35oz of fat free cottage cheese till smooth-ish.
- Strain in the same manner as the cream cheese substitute.

To REALLY knock your Cream Cheese Substitute out of the park... I HIGHLY recommend adding some "Cream Cheese Flavor Extract" to your strained mixture.

0 point creamy awesomeness

