
Everywhere in the world, cow's milk is so ubiquitous that it doesn't even need an introduction. Whether poured on breakfast cereal or enjoyed alone as a cold glass of milk, this beverage has become a staple in the world's diet that can be enjoyed from infant to the very old.

Wait! Before you take the next sip, consider the heavier side: growth hormones, chemicals, fat content and digestibility.

## BGH: TURNING COWS INTO BIOTECH MILK MACHINES

Fifty years ago an average cow produced 2,000 pounds of milk per year. Today the top producers give 50,000 pounds! How was this accomplished? Drugs, antibiotics, hormones (more than 59 types), forced feeding plans and specialized breeding; that's how.

The latest high-tech onslaught on the poor cow is bovine growth hormone or BGH. This genetically engineered drug is supposed to stimulate milk production. BGH, also known as Bovine Somatotropin (BST), works by interfering with a cow's natural physiology and artificially inducing the cow to produce more milk than is appropriate for her body. As BGH forces cows to produce more milk than is healthy for their body, the cows become more susceptible to infections and diseases. This, in turn, creates additional needs for antibiotics and other drugs. All these looks like a vicious cycle of destruction that never stops!

Milk and dairy products, unless otherwise labeled 'organic', most probably come from cows routinely injected with BGH. A lactating mammal excretes toxins through its milk. **These synthetic hormones injected to cows are transferred to milk and eventually into our body through the consumption of milk from such cows. It has a serious effect on children's obesity and premature puberty**, where children are growing too rapid for their age. Little girls are reported to have their first menstruation earlier and earlier. One case was reported in the USA at the age of 4.

## IGF (INSULIN-LIKE GROWTH FACTOR) IN MILK LINKED TO CANCER

**"Levels of IGF increase in milk after cows are treated with rBGH"**, a hormone fed to cows to make them grow unnaturally large in a shorter period of time to maximize the dairy industry's profits *-National Institutes of Health Assessment of Bovine Somatotropin, December, 1999*

IGF-1, a powerful growth hormone that is identical in bovines and humans, and is becoming known as a KEY factor in the rapid growth and proliferation of breast, prostate, colon and lung cancers.

"**The IGF system is widely involved in human carcinogenesis**. A significant association between high circulating IGF-I concentrations and an increased risk of lung, colon, prostate and pre-menopausal breast cancer has recently been reported." *-International Journal of Cancer, 2000 Aug, 87:4*

## THE 21ST CENTURY COWS' DIET IS RIFE WITH CHEMICALS COCKTAIL

**Besides synthetic hormones, these cows also retain in their flesh and milk all the pesticides they have consumed or absorbed** because their feeds are often grown on land sprayed heavily with fertilizer and poisonous pesticides. They are sprayed with and fed with many toxic compounds never encountered

在世界各地，牛奶是普遍存在、无人不知的。不论是加入早餐谷粮或是一杯冻牛奶，牛奶已深深扎根在所有年龄层的饮食中。

等等！在喝下一口牛奶之前，请慎重考虑一些较沉重的争议：人造荷尔蒙（成长激素）、化学药品、脂肪含量及消化吸收能力问题。

## 牛科人造成长激素：把乳牛从一种有生命的生物，变成生物科技产奶机器

五十年前每头乳牛平均每年生产两千磅牛奶。如今最高生产量的乳牛却可生产高达五万磅的牛奶！这怎么可能？答案是：药物、抗生素、人造荷尔蒙药物（超过五十九种），逼食计划及工业饲养。

高科技对可怜的乳牛所带来的最大冲击就是牛科人造成长激素或BGH。这种基因设计药物被用来刺激牛奶生产量。牛科人造成长激素BGH，也称为牛科生长激素（BST），能通过人工基因改造乳牛的自然生理状态，操纵乳牛生产牛只本身所无法负担的牛奶产量。由于这些接受了人造成长激素的乳牛比天然乳牛自然生理所生产的乳汁要多出好几倍，因此扰乱了其生理状态，很可能造成乳牛变得更易受传染及患病。换句话说，乳牛需要更多的抗生素和其他药物。这一切看来就是个源源不息的恶性循环！

除非注明是'有机'的，其他牛奶及乳制品绝大可能来自于定期注射牛科人造成长激素BGH的乳牛。哺乳动物可透过乳汁分泌把毒素排泄到奶里。**这些被注射到乳牛体内的人工激素将转移到牛奶，最终通过人类饮用牛奶而转入人体，造成儿童痴肥及儿童过早发育等严重问题**。小女孩的来经年龄越来越小，美国其中一宗案例里的小女孩仅有四岁大。

## 牛奶中的IGF（类胰岛素生长因子）与癌症有关

**"乳牛注射牛科人造成长激素后，牛体的胰岛素生长因子（IGF）水平偏高"**，这种人造激素使乳牛不自然地在短期内长大，以增加乳制品加工业的盈利 *-国家牛科生长激素健康评估协会学院，1999年12月*

类胰岛素生长因子-1，是一种构造与人体和牛体胰岛素相似的小分子蛋白。它被认为是乳房癌、前列腺癌、肠道癌、和肺部癌症迅速增长和扩散的主要关键。

**"类胰岛素生长因子（IGF）系统与癌症有很大的关系**。最近研究报道显示高水平类胰岛素生长因子与增加肺癌、肠道癌、前列腺癌、更年期前乳腺癌的风险之间有很大的关联"。 *-国际癌症杂志，2000年8月，87:4*

## 21世纪乳牛的食物是化学鸡尾酒

**除了人造成长激素以外，这些乳牛体内也残留所吃下或吸收的杀虫剂**。这是因为它们的饲料来源通常来自种植在严重施肥、大量喷洒毒性杀虫剂的土地。它们的饲料含有高量毒性化合物，有别于有机饲养乳牛的天然方式。更恐怖的是有些不道德的厂



# 关于牛奶的学问

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by organic cattle raised in a more natural way. Further intensification of the dairy industry has disastrously turned cows (natural herbivores) into carnivores by feeding them meat and bone meal. These are rotten, inconsumable meat from supermarket rejects. Think how 'mad cow disease' outbreak happened.

家甚至在饲料里加入肉及骨头进一步把自然草食的牛科变成肉食动物，后果不堪设想。这些肉及骨头是超级市场所废弃的、腐烂的、不能吃的肉类。想想看‘疯牛症’是怎么爆发的。

## FATS

"Milk fat has been identified as a cholesterol-elevating fat because it contains cholesterol and is primarily saturated."- *Journal of Dairy Science 1991:74 (11)*

**Saturated fat** in the diet damages arteries **leading to heart disease, promotes cancer, contributes to gallbladder disease and is the fundamental cause of obesity**. Only low fat and organic milk can help fulfil your daily requirements for a variety of important nutrients.

So choose wisely. Choose low fat!

## 高脂肪议论

“牛奶脂肪被认为是高胆固醇脂肪，因为它所含的胆固醇主要是饱和的。”– 乳制品科学杂志1991:74（11）

饮食中的**饱和脂肪会损坏动脉、是导致心脏病、引起癌症、造成胆囊疾病及肥胖病的基本因素**。只有低脂肪及有机牛奶能为您提供每日所需的各种重要营养素。

因此请明智地选择。只选择低脂！

## DIGESTIBILITY ISSUES

So, once you get the fat out, milk is a highly nutritious food? Wrong! **Milk is a highly nutritious food ONLY IF your digestive system is able to digest and handle milk**. Most people (especially Asians) do not have the enzyme lactase to digest the milk sugar (lactose). Undigested milk sugar in the large intestine often results in diarrhoea, gas, stomach cramps, and other severe symptoms like eczema and asthma. Further, many also find it difficult to digest the milk protein (casein). So **what is the good of all the nutrients that milk contains if it becomes a poison to the body when one cannot digest it**?

**YOGHURT IS THE BEST ALTERNATIVE FOR MILK**. For centuries, yoghurt has been characterized by its live and active cultures. Because yoghurt is cultured, it is highly digestible than milk for most if not all of us. In fact, when we make yoghurt, the live cultures create lactase to break down the lactose and the casein is denatured into a two-dimensional structure, which would be less likely to cause allergic reactions. Yoghurt also contains friendly bacteria that benefit us by improving intestinal microbial balance, which aids in preventing colitis, an inflammation of the mucous membrane lining the colon, and possibly even preventing colon cancer. Furthermore, it lowered the pH value, which also aids in the absorption of minerals like calcium and magnesium.

## 消化吸收能力问题

那么说，只要把脂肪去除掉，牛奶就是高营养食物？错！**除非您的消化系统能够消化和吸收牛奶，牛奶才是高营养食物**。大多数人（尤其是亚洲人）没有酵素乳糖酶来消化乳糖。没有被消化的乳糖在大肠里发酵，经常导致腹泻、胀气、胃痉挛及其他严重问题，如湿疹和哮喘。除此以外，许多人也不能消化牛奶里的蛋白质（酪蛋白）。因此，**竟管牛奶富含营养素，但是当身体无法消化它时，它就会在体内产生毒素，那对我们又有什么好处呢**？

**酸乳酪是牛奶的最佳替代品**。几个世纪以来，酸乳酪以活性乳酸菌为之特点。由于酸乳酪已被开化，因此它比牛奶更易被人体消化吸收，即使不是每一个人都行，绝大多数人也因之受益。实际上，当我们做酸乳酪时，活性乳酸菌已划分了乳糖，酪蛋白也被分解，因此不会导致过敏反应。酸乳酪也包含良菌，促进小肠微生物平衡对我们有益、可帮助预防大肠炎、肠道黏膜炎症、甚至预防结肠癌。此外，其较低的酸碱值，也可促进人体对矿物质的吸收，如钙及镁。

# 吃乳制品应该选择有机的五大因素
# Five Reasons Why Families Who Take Dairy Products Should Choose Organic

**Produced without synthetic hormones**. Hormones are so powerful that even trace amounts can cause dramatic changes in living beings. When you choose organic milk, you can be sure that no synthetic hormones are used in stimulating the cows' milk production.

**不用综合性人造成长激素**。人造荷尔蒙是强有力的，即使是微量也能导致生物剧变。当您选择有机牛奶时，您可以肯定牛奶的生产不含人造成长激素。

**Produced without antibiotics.** One of the main places where antibiotics are used today is actually in husbandry. Antibiotic overuse is posing a major public health problem due to mutation and increased resistance of bacteria. They weaken the immune system and wipe out the natural colony of flora in the intestinal tract, making humans, especially children and infant, more susceptible to infections. Organic dairy products come from organic cows that are not treated with antibiotics, so it doesn't contribute to the growing problem of bacterial resistance to the cow or the person who consume it!

**不用抗生素生产**。今天农业广泛使用抗生素。抗生素的过度使用造成大众健康问题，因为体内细菌变异及增加了细菌的对抗力。会造成免疫系统衰退、肠道天然良菌被破坏，使人类，尤其是小孩及婴儿更容易受感染生病。有机乳制品来自于不使用抗生素的有机乳牛，因此不会对乳牛或人类造成细菌抵抗力增长问题！

**Produced without harmful pesticides**. Organic agriculture eliminates pesticide and fertilizer exposure. It allows cows to roam and graze naturally on lush pastures.

**不用杀虫剂生产**。有机乳牛农家不用杀虫剂或肥料。让乳牛自由自在地在天然青葱的牧场上漫游吃草。

**High in Conjugated Linoleic Acids (CLAs)**. CLAs are important 'good fats' that have been linked to decreased cardiovascular diseases. Dairy products made from cows which roams freely has higher CLA content. Since many organic farmers allow their cows to graze freely on fresh green pasture, organic milk often has a high CLA content. Whereas, 'factory' cows are confined physically and are on forced feeding plan with corn, meat and bone meals, they do not have the desired CLA.

**高含量的共轭亚油酸（CLAs）**。共轭亚油酸是重要‘好脂肪’可减少与心血管有关的疾病。只有产自能自由漫游的有机乳牛的乳制品才有高量的共轭亚油酸含量。因为许多有机农夫允许他们的乳牛在青葱绿油油的草地上自由自在地吃草，因此有机牛奶含高量共轭亚油酸。反之，‘工厂’乳牛被限制在狭窄的空间，随着逼食计划吃的是玉米、肉类及骨头，这种乳牛所产的牛奶无法达到理想的共轭亚油酸水平。

**Say 'No' to animal cruelty**. Unlike factory cows, organic cows must have access to open air and are allowed to graze freely in organic pasture. This kind of farming is kind towards animals, supportive of wildlife and agriculture, healthy for rural communities, respectful of our air, water and soil, and sustainable for future generations. Cows can't say no, but we can!

**反虐待动物**。有别于工厂乳牛，有机乳牛可在露天有机牧场上自由活动。这样善待动物是亲野生生物及农业、对农村社区健康，对空气、水及土壤好，能长期持续直到世世代代。乳牛无法反抗动物虐待，但我们能！

# Wholesome Yoghurt

Wholesome yoghurt is best known for its ability to help strengthen bones. There's good reason for this. Home made yoghurt is an excellent source of **calcium, vitamin D and vitamin K**, three nutrients essential to bone health. That's why taking yoghurt is often recommended as a great strategy for preventing osteoporosis, the bone-thinning disease that affects more than 28 million people in the U.S. alone, most of them women.

Apart from calcium, yoghurt is also a very good source of riboflavin, vitamin B12 and a whole lot of other essential nutrients, working together towards your good health. Just see for yourself what a glass of yoghurt provides:

1. ***Protein*** for building and repairing body tissues, even bones. Helps build antibodies to fight infection in your body.
2. ***Carbohydrates*** provide the main source of energy in your body cells.
3. ***Vitamin A*** for healthy skin, eyes and night vision. Essential for normal bones and teeth.
4. ***Vitamin D*** for optimal calcium and phosphorus absorption. Essential for strong bones and healthy teeth.
5. ***Thiamin*** for turning carbohydrates into energy. Maintains a healthy appetite and helps normal growth.
6. ***Riboflavin*** for healthy skin, eyes and nerves. Helps convert food into energy.
7. ***Niacin*** for growth and development, a normal nervous system and healthy digestive tract.
8. ***Vitamin B6*** helps protein build body tissues. Helps produce red blood cells and antibodies to fight infection.
9. ***Vitamin B12*** for healthy red blood cells. Helps maintain a healthy nervous system and digestive tract.
10. ***Pantothenic acid*** helps turn carbohydrates and fats into energy your body can use.
11. ***Folic acid*** helps form red blood cells and genetic material for cells.
12. ***Magnesium*** for strong, healthy bones and teeth. Helps convert food into energy and build body tissue.
13. ***Zinc*** for converting food into energy. Important for tissue repair and growth.





## We ♥ Yoghurt! You Would Too!

## 我们爱酸乳酪！ 您也一定会！

**Vong Chwee Hong, Johor Bahru**

For 20 years I suffered from skin problem at the sole, which greatly affected my daily life. I could not walk properly, and there were times I needed to crawl on the floor. My feet cracked easily and itched and eventually excreted pus if I walked barefoot. I have visited a few physicians, but was told that it was incurable. The doctor also informed me that if I were to take some of the prescribed medications, I might not get pregnant in my later years. I was extremely depressed thinking that I had to live my whole life with this tormenting problem. Many times my boss, Dr. Ding, advised me to start eating yoghurt everyday to help my skin problem. Finally in 2001, I followed his advice. After a while, I discovered the skin on my feet started peeling off and new skin was growing. With the vast improvement by just taking yoghurt daily, my faith in NewLife™ increased, I proceeded with the Detoxification & Rejuvenation Programme. My skin problem was completely healed. To this day, my feet remained healed, without a single crack in the skin.

**黄翠荭，新山**

我被脚底的皮肤病折磨了二十年，它严重地影响我的生活起居。我无法好好地走路，有时甚至要爬在地上。若我赤脚，脚底就会龟裂、发痒及流脓。我看过几个医生，但他们告诉我这病无法根治。医生也告诉我，某些药物很可能造成日后无法怀孕。想到自己一辈子都被这个问题折磨，我不禁感到非常沮丧。有许多次我的上司，陈联福医生劝我每天吃酸乳酪来帮助我的皮肤问题，但我都一笑置之。终于，在2001年我遵循了他的建议。不久后，我发现脚底坏死的皮肤开始剥落，新的皮肤长了出来。单单每天吃酸乳酪就有如此显著的改善，我对新生命有了更大的信心，就进行排毒与复健计划。结果我的皮肤问题完全好了。至今，我的脚还是好好的，没有一点裂缝。

**Rosemary Chia, Kota Kinabalu**

Yoghurt is a great fun food for slimming. I find that consuming yoghurt helps in digestion and it stops my craving for other food. My family and I consume a lot of yoghurt so I make my own using NewLife™ Yoghurt Maker, NewLife™ Yoghurt Starter, and NewLife™ Organic Low Fat Milk.

**张太太，亚庇**

酸乳酪是个很好的减肥餐。我发现吃酸乳酪能帮助消化，并让我减轻食欲。我和家人吃很多酸乳酪，因此我亲自用新生命酸乳酪制造机、新生命酸乳酪酵母及新生命有机低脂奶粉来做酸乳酪。

**Jill Lee Yuk Peng, Petaling Jaya**

I like yoghurt because it is healthy and nutritious. I would take yoghurt made from NewLife™ Organic Low Fat Milk Powder as breakfast every morning with my favourite toppings like pumpkin seeds, sunflower seeds, nuts, and etc. Nothing can compare with this hearty nutritious 'fast food' for busy working people.

**李玉萍，八打零再也**

我喜欢酸乳酪是因为它非常健康及富含营养。我会吃用新生命有机低脂奶粉所做的酸乳酪当作早餐，加入我喜爱的南瓜籽、瓜豆等等。没有其他可媲美这个提供繁忙工作人士最佳、最营养的'快餐'。

**Irene Shiu, Petaling Jaya**

I had my teeth extracted and was suffering pain for several days without pain killer. I could not eat well and the only food that is easily taken without much chewing and grinding is a bowl of fresh yoghurt. Apart from knowing its nutritional value, I could feel the speedy healing in my gums. A GP was also recommending me to take yoghurt to prevent yeast infection. It is undoubtedly a staple food that everyone should partake for healthy bones and good intestinal flora.

**罗爱莲，八打零再也**

拔牙后因不要吃止痛药，痛了好几天。我无法好好地吃东西，只可以吃一些容易吞、不必咀嚼的食物，一碗新鲜的酸乳酪是最好的办法。除了其众所周知的营养价值外，我也发现酸乳酪能帮助我的牙龈愈合得很快。其实过去也有位全科医生推荐我采取酸乳酪来防止霉菌感染。无可否认的，大家都应该吃酸乳酪来强健骨骼及保持肠道健康。

**Mdm. Chin, Petaling Jaya**

I used to suffer from bloating stomach and often had diarrhoea. After taking yoghurt regularly, my digestive system improved remarkably. These days I don't feel bloated anymore and diarrhoea very rarely occurs.

**陈女士，八打零再也**

以前我患上胃胀气的毛病，还经常腹泻。在经常吃酸乳酪后，我的消化系统改善了许多。现在我不再感到胀气，也很少有腹泻的经验。

# 有益的酸乳酪

**酸**乳酪非常有益，尤其对促进骨骼健康。原因是自制的酸乳酪含高度**钙质、维生素D和维生素K**这三种保健骨骼的重要营养素。这就是为什么酸乳酪常被推荐来防止骨质疏松症。单单在美国，骨质疏松症影响超过二十八百万人民，大多数受害者是妇女。

除钙之外，酸乳酪也是核黄素、维他命B12及很多其他基本营养素非常好的来源，对人体极有益。来看看一杯酸乳酪能为您提供些什么：

1. **蛋白质**建造及修护身体组织、包括骨骼。提高体内抗传染病的抗体。
2. **碳水化合物**提供身体细胞的主要能量。
3. **维生素A**对皮肤、眼睛及晚上的视觉力非常有益。对强健骨骼及牙齿也很重要。
4. **维生素D**提高人体对钙质和磷的吸收能力。对强健骨骼及牙齿健康很重要。
5. **硫胺素**能将碳水化合物转化成能量。有助于开胃及帮助正常成长。
6. **核黄素**对皮肤、眼睛及神经健康重要。帮助转换食物成能量。
7. **菸碱草酸（维生素B3）**有助成长、神经系统正常及肠道的健康。
8. **维生素B6**帮助蛋白质制造身体组织。促进生产红血球及感染抗体。
9. **维生素B12**建造健康红血球。促进神经系统及肠道健康。
10. **泛酸**帮助身体将碳水化合物及脂肪转换成能量。
11. **叶酸**帮助形成红血球和细胞基因素。
12. **镁**强健骨骼及牙齿。帮助转换食物成为能量并修护身体细胞。
13. **锌**转换食物成能量。对细胞修护及成长很重要。

# HEALTHY RECIPES USING 酸乳酪创意健康食谱 YOGHURT

## *Fruity Yoghurt Smoothie*

A fruity yoghurt smoothie is a quick, easy and healthy way to get more fibre, vitamins, and calcium into your child's diet.

**Ingredients**

1/2 cup of your child's favorite fruit, such as mangos, bananas, pineapples, strawberries, etc.
3/4 cup of plain natural yoghurt made with NewLife™ Organic Low Fat Milk Powder
1 cup of milk using NewLife™ Organic Low Fat Milk Powder
1 tablespoon of Flax Seed Oil
1 tablespoon raw honey (optional)
½ teaspoon of Nutritional Yeast
½ teaspoon of Organic Bee Pollen

**Preparation**

1. Peel the fruit, and cut them up into small pieces.
2. Put all of the ingredients into a blender and puree them together until smooth.
3. Pour into a chilled glass and serve with a straw.
4. Keep in mind that you may have to add ice or use frozen fruit if you really want to serve it cold.

1 serving

## 水果酸乳酪奶昔

水果酸乳酪奶昔是个让孩子摄取更多纤维、维生素和钙质的一个方便、简单的健康儿童食物。

**材料**

半杯孩子所喜爱的水果，如芒果、香蕉、菠萝、草莓等等。
3/4杯以新生命有机低脂奶粉制成的原味酸乳酪
一杯新生命有机低脂奶粉所泡的牛奶
一汤匙亚麻籽油
一汤匙天然蜂蜜（随意）
半茶匙营养酵母
半茶匙有机蜂花粉

**做法**

1. 将水果剥皮，切小块。
2. 将所有材料倒入搅拌器成泥，直到顺滑。
3. 倒入冷冻的杯子以吸管饮用。
4. 若要冷的，可加冰块或用冷冻的水果。

一人份

## *Yoghurt Cheese*

(in place of cottage cheese and ricotta)

**Ingredients**

1 1/2 cups plain low-fat yoghurt made with NewLife™ Organic Low Fat Milk Powder

**Preparation**

1. Line a strainer or sieve with 1 layer of muslin (cheesecloth). Stand this in a bowl.
2. Pour the yoghurt into the muslin. Gather the corners of the cloth together and tie a piece of string lightly round to make a bag. Hang on a hook or knob with a bowl underneath to catch the dripping whey.
3. Leave overnight for at least 8 hours or until dripping has stopped and you are left with a moist curd.
4. Place cheese in a bowl and gently work up the curbs with a wooden spoon.
5. Store refrigerated in an airtight container for use.

**Tips...delightful spread to serve on cracker or bread**

You can sprinkle some fresh lemon juice, mix in fresh or dried herbs such as basil, cilantro, parsley, chives, minced garlic, pepper flakes, anything you would use to make an herbed cheese or dip for crackers or vegetable sticks.

## 酸乳酪干酪

（可用来取代松软干酪及意大利软酪）

**材料**

一杯半以新生命有机低脂奶粉制成的原味酸乳酪

**做法**

1. 在过滤器或筛子上铺一层薄棉布（包乳酪的布）。搁在碗上。
2. 把酸乳酪倒入棉布。把布的四角落绑上做成袋子。用勾子挂着，并在下面放个碗承盛滴下的乳清。
3. 置放过夜至少八小时或者直到乳清滴干为止，留下微湿的凝乳。
4. 把滴干的乳酪放在碗里轻轻地以木匙搅拌。
5. 以密封的容器储藏在冰箱里备用。

**小秘诀……涂在薄脆饼干或面包上的好滋味**

您可挤些新鲜柠檬汁，再加入新鲜的或干的香料，如蓬蒿，香菜，荷兰芹，香葱，碎蒜，胡椒粉，或任何用来做香草料干酪的材料。

## *Mango Frozen Yoghurt Ice Cream*

**Ingredients**
8 ounces of ripe mango, diced, peeled
2 ounces honey
16 ounces plain natural yoghurt made with NewLife™ Organic Low Fat Milk Powder
1 egg white (optional)

**Preparation**
1. Puree the mango and honey, then sieve if preferred.
2. Mix with the yoghurt.
3. Place the mixture in a freezer until just beginning to freeze around the edges.
4. Whisk the egg white and fold into the partly frozen mixture.
5. Return the ice cream to the freezer until frozen.

4 servings

## 冰冻芒果酸乳酪雪糕

**材料**
八盎司熟甜的芒果，剥皮切块
两盎司蜂蜜
十六盎司以新生命有机低脂奶粉制成的原味酸乳酪
一个蛋白（随意）

**做法**
1. 把芒果和蜂蜜搅成泥状，依喜好可筛滤。
2. 混合酸乳酪
3. 把混合物放在冰箱直到边缘结冰
4. 搅拌蛋白，将之倒入半结冻的混合物
5. 把雪糕放回冰箱，直到完全结冰

四人份

## *Baked Noodles with Spinach & Yoghurt*

**Ingredients**
4 ounces noodles
1 ½ quarts boiling water
8 ounces plain natural yoghurt made with NewLife™ Organic Low Fat Milk Powder
½ cup yoghurt cheese (recipe see above)
10 ounces spinach, frozen, thawed
2 tablespoons chopped onions
½ cup cheddar cheese, shredded
Salt to taste (optional)

**Preparation**
1. Gradually add noodles to rapidly boiling water so that water continues to boil; cook, uncovered, stirring occasionally, until tender.
2. Drain noodles in colander.
3. Preheat oven to 400F. Combine yoghurt and yoghurt cheese; combine noodles, spinach and onion with yoghurt cheese mixture.
4. Pour into a 1-quart baking dish; top with Cheddar cheese.
5. Cover and bake 20-25 minutes.
6. Uncover and bake until cheese is melted and brown.

4-6 servings

## 菠菜酸乳酪烤面

**材料**
四盎司面条
一杯半沸水
八盎司以新生命有机低脂奶粉制成的原味酸乳酪
半杯酸乳酪干酪（食谱如以上所述）
十盎司菠菜，结冰，解冻
两大汤匙切葱
半杯契达干乳酪，切丝
少许盐添加口感（随意）

**做法**
1. 逐渐把面条加到沸水中，让水持续煮沸；烹调，开盖，偶尔搅拌，直到面条变软
2. 用滤网弄干面条
3. 预先加热烤箱至华氏四百度。将酸乳酪和酸乳酪干酪拌匀；混合面条、菠菜及葱后，加入酸乳酪及酸乳酪干酪混合体
4. 倒入烘烤盘四分之一满；上面铺上切丝契达干乳酪
5. 盖上并烘烤二十至二十五分钟
6. 开盖烘烤直到契达乳酪被熔化转成个褐色

四至六人份

## *Chicken with Curry and Yoghurt*

You may substitute Santan with 1.5 cups of warm milk and 300g of plain yoghurt.

## 酸乳酪咖喱鸡

您可用一杯半温牛奶混合三百克原味酸乳酪来替代椰奶

## *BBQ Leg of Lamb with Yoghurt*

**Ingredients**
10 pounds lamb leg, whole
½ cup plain natural yoghurt made with NewLife™ Organic Low Fat Milk Powder
1 tablespoon turmeric
2 tablespoons paprika
¼ cup cumin
2 teaspoons cloves
2 teaspoons nutmeg
5 tablespoons olive oil
Salt to taste (optional)

**Preparation**
1. Bone the lamb and cut into 1 inch cubes. Combine all ingredients in a large bowl, mix, cover and refrigerate overnight.
2. Skewer cubes and grill over charcoal about 7 min. per side.

12 servings

## 酸乳酪烤羊腿

**材料**
十磅全羊腿
半杯以新生命有机低脂奶粉制成的原味酸乳酪
一汤匙芝黄
两大汤匙红辣椒
¼杯小茴香
两茶匙丁香
两茶匙肉豆蔻
五汤匙橄榄油
少许盐增加口感（随意）

**做法**
1. 去骨羊肉切成一英寸大小的颗粒状。将所有材料倒入大碗里搅拌均匀，封密，并隔夜冷藏
2. 串起羊肉块并以木炭烧烤每一面烤大约七分钟

十二人份