

GUT-LOVING RECIPE

Crunchy Labneh Balls

Serves: 6 (18 balls)

Preparation Time: 25 min and 24 hours to strain

Ingredients:

- 500g plain Greek yoghurt
- ½ tsp grated garlic
- ½ tsp salt
- 1 pinch ground pepper
- ¾ cup Kellogg's® Special K® Original or Gluten Free, crushed
- ½ bunch chives, finely sliced
- Drizzle of extra virgin olive oil
- Dukkah spice or chilli flakes to garnish

Method:

1. Mix yoghurt, add garlic, season with salt and pepper
2. Line a strainer with cheesecloth or strong kitchen towel. Place the strainer over a bowl making sure there is enough room to catch any liquid
3. Pour the yoghurt into the strainer and cover with plastic wrap. Place the strainer and bowl into the refrigerator for 24 hours until the whey liquid has drained from the yoghurt
4. The next day remove the strained yoghurt and discard the liquid
5. Rub a little olive oil on your hands and roll spoonful's of the drained yoghurt into 18 golf sized balls
6. Combine crushed cereal and chives on a plate. Coat each ball evenly
7. Place balls onto a board or plate, drizzle with extra virgin olive oil and sprinkle with spices. Serve immediately.