#  Blue Cheese and Walnut Kefir Dip







Blue cheese and toasted walnuts are complemented by the creamy tang of milk kefir. Serve with a selection of crisp vegetables and crackers for the perfect snack.

2 cups [strained kefir](http://www.culturesforhealth.com/how-to-strain-whey-cultured-dairy) (consistency of sour cream or slightly thicker) [strained kefir](http://www.culturesforhealth.com/how-to-strain-whey-cultured-dairy) (consistency of sour cream or slightly thicker) [strained kefir](http://www.culturesforhealth.com/how-to-strain-whey-cultured-dairy) (consistency of sour cream or slightly thicker)

 4-ounces blue cheese, crumbled blue cheese, crumbled blue cheese, crumbled

 1/2 cup walnuts, toasted and finely chopped walnuts, toasted and finely chopped walnuts, toasted and finely chopped

 Sea salt and freshly ground black pepper to taste Sea salt and freshly ground black pepper to taste Sea salt and freshly ground black pepper to taste

1. **Combine** all the ingredients and **mix** well.
2. **Cover** and **refrigerate** for several hours prior to serving, to allow the flavors to meld.

Milk Kefir Vinaigrette



Liven up your everyday vinaigrette with creamy milk kefir, for a dressing that clings better to salad leaves and contains probiotics, too!

* 1/4 cup [milk kefir](http://www.culturesforhealth.com/milk-kefir) [milk kefir](http://www.culturesforhealth.com/milk-kefir) [milk kefir](http://www.culturesforhealth.com/milk-kefir)
* 1/4 cup apple cider vinegar apple cider vinegar apple cider vinegar
* 1/2 cup extra virgin olive oil extra virgin olive oil extra virgin olive oil
* 1 garlic clove, minced garlic clove, minced garlic clove, minced
* 1 tsp. Dijon mustard Dijon mustard Dijon mustard
* 1 tsp. honey honey honey
* Salt and pepper to taste Salt and pepper to taste Salt and pepper to taste
1. **Combine** all ingredients in a pint-sized canning jar.
2. **Put** a lid on tight and **shake well** until emulsified.
3. Use on your favorite salad and **keep in the refrigerator** for up to a week for subsequent salads.