



# **50 More Ways to Use Quark Low-fat Soft Cheese: The Natural Alternative When Cooking Classic Meals (Step by step Book) (Volume 2)**

*Anthea Peries*

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Quark is a soft cheese and can be spread on plain bread, blended with herbs and spices to make a flavoured spread, or may be used like cream cheese in delicious guilt-free cheesecakes, toppings, and icings. It can be offered as a dessert cheese or made into rich cheese custard, which can be served with fruit or as a sauce with other foods. If you want to enjoy healthy guilt-free pleasures without sacrificing on flavour, then using quark in your cooking can benefit you and your family. If you want to follow high protein, low-fat, low-salt, or low-carbohydrate eating habits, then this book is for you. Quark can be eaten sweet or savoury. It is used in cheesecake, soups, sauces, dips, smoothies, salads, sandwiches and much more. Mixed with other ingredients, quark can be fried, boiled, or baked or used as a filling in pancakes or crepes, pies and dumplings.

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