

seven ways to use yogurt

REGULAR OR GREEK



1 make a yogurt breakfast bowl

- Fill your bowl with yogurt, whole grain cereal and sliced fruit
- Top warm oatmeal with yogurt



2 blend a smoothie

- 1/2 cup yogurt
 - 1/2 cup milk
 - 1/2 cup frozen or fresh fruit
- Tip:** Try berries, bananas, peaches or a mix of fruit.

KEEP YOGURT
IN THE
REFRIGERATOR.
USE WITHIN 7 DAYS
AFTER OPENING.

3 serve a snack

- Top yogurt with chopped berries or bananas
- Top yogurt with canned peaches or pineapple
- Top yogurt with whole grain cereal
- Stir applesauce (unsweetened) into vanilla yogurt
- Blend vanilla yogurt with orange juice for a drink

DID YOU KNOW 1 CUP OF
REGULAR YOGURT HAS
AS MUCH CALCIUM AND
PROTEIN AS 1 CUP OF MILK?

4 fix a dip

Dill Dip For Veggies

- 1/4 cup low-fat mayonnaise
- 1/4 cup plain yogurt
- 1 tablespoon dry dill
- 1/2 teaspoon garlic powder

Tip: Add chopped cucumbers for another flavor.

Peanut Butter Dip For Fruit

- 1/4 teaspoon ground cinnamon
- 1 tablespoon peanut butter
- 1/2 cup vanilla yogurt

Tip: Try 2 tablespoons applesauce in place of peanut butter.





5 bake crunchy chicken

- 1 pound boneless, skinless chicken breasts
- 1 cup plain yogurt
- 3 cups finely crushed corn flakes

Coat chicken breasts with yogurt. Dip in crushed corn flakes. Cover baking sheet with a non-stick cooking spray. Place chicken breasts on the baking sheet. Spray lightly with cooking spray. Bake at 375°F for 40-50 minutes.

6 top with a spoonful

- Mix plain yogurt with lime juice and cilantro and top spicy foods like tacos
- Top tomato soup, potatoes or chili with a spoonful of plain yogurt
- Top waffles and pancakes with a spoonful of vanilla yogurt

YOGURT WILL SEPARATE. SIMPLY STIR BEFORE EATING.

DID YOU KNOW YOGURT CONTAINS 100,000,000 PROBIOTICS FOR HEALTHY DIGESTION.

7 make a salad dressing

Creamy Yogurt Dressing

- Juice of 1 lemon
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 to 2 garlic cloves, roughly chopped
- 1 cup plain yogurt

Combine lemon juice, olive oil, salt, pepper and garlic in a blender and puree until smooth. Add yogurt and blend briefly to combine.



MORE RECIPE IDEAS!

- When baking, consider replacing shortening or oil with yogurt to increase nutritional value and reduce calories
- To add a creamy consistency and more flavor, consider replacing some of the water or milk with yogurt in a baking recipe.
- When a recipe calls for mayonnaise, maximize nutritional value by substituting an equal amount of yogurt for mayonnaise.
- Blend yogurt into soups for creamy consistency.
- Stir yogurt into prepared oatmeal to increase nutritional value and add flavor.



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