



Tips For Adding Yogurt To Your Diet

Adding Yogurt To Your Diet

- Yogurt is quite versatile
- It can be used anywhere milk, cream or sour cream is called for in a recipe
- The key is finding the ways that work for you
- Try to consume it at least 3 times a week
- Make the batch size that fits your consumption rate

A Few Ideas

- Adding fruit and granola makes an easy breakfast parfait
- Use it as a base to make savoury dips for veggies or crackers
- You may want to strain out some of the whey to make it thicker for a dip
- Sweet dips can be made to serve with cookies or top on a dessert

A Few Ideas

- Add on top of soups when serving to add valuable good bacteria to the soup
- Also good when mixed with other ingredients like olive oil or butter or garlic and add to cooked veggies
- Use it in a salad dressing
- Use it as a replacement for milk in muffin and cake recipes

A Few Ideas

- Add flavours to taste such as fruit, chocolate or vanilla, sweetener of choice, and churn it in an ice cream machine to make frozen yogurt
- Add it to smoothies (be sure to balance the flavour)
- Experiment and create novel recipes
- It takes time to find the best ways for you but it is worth it