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.

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

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.

DID YOU KNOW 1 CUP OF REGULAR YOGURT HAS AS MUCH CALCIUM AND PROTEIN AS 1 CUP OF MILK?
YOGURT WILL SEPARATE. SIMPLY STIR BEFORE EATING.

5 bake crunchy chicken

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


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

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.

Content courtesy of Dairy West