

INSIDE GREEK YOGURT

What is Greek Yogurt?

Are you wondering what makes Greek yogurt different from regular yogurt?

We make our traditional Greek yogurt with a centuries-old authentic straining method that removes some of the whey (liquid) from the yogurt. Called “yiaourti” in Greece, Greek yogurt is thick, creamy and delicious!

The production of Greek yogurt requires about three times the amount of milk used to make regular yogurt.

How is Greek Yogurt Made?

1. Milk is pasteurized to kill undesirable bacteria
2. Live & active cultures are added to the milk
3. Fermentation takes place and yogurt forms its characteristic acidity and texture
4. The yogurt is strained to concentrate the solids and remove some of the whey

Benefits of Greek Yogurt

Most Greek yogurts have two times the protein vs. regular low fat yogurt.

Dairy proteins contain nine essential amino acids the human body can't produce. Amino acids are building blocks needed to create our own proteins.

In addition to protein, nonfat Greek Yogurt can provide additional nutrition benefits:

1. Usually contains less lactose than regular yogurt, helpful for people who are lactose intolerant
2. A 15% Daily Value of calcium per 5.3oz (for fruited yogurt), that helps with development and maintenance of healthy bones
3. Contains live and active cultures.

SMART SWAPS WITH YOGURT

When you substitute yogurt for fats and liquids in your cooking, it's not always an even, cup-for-cup exchange:

As a general rule, add the minimum you think you'll need and add more slowly as required to avoid thinning. Here are a few substitution ratios to keep in mind:

- Try cutting the oil in your recipe back by substituting 1/2 of the amount of oil with 3/4 the amount of yogurt.
- Try substituting the butter in your recipe with yogurt. Try replacing 1/2 of the butter with 1/2 as much yogurt.
- When baking, you can try replacing one egg with 1/4 cup yogurt.



Make it plain:

- If you cook with yogurt, it's important to make sure you use plain yogurt. Depending on the recipe, you may choose to cook with Greek , plain, lowfat or nonfat yogurt.
- Greek is a little tangier in taste than plain yogurt, so it really lends itself to recipes like meat marinades, salad dressings, dips and potato dishes.
- Plain yogurt tends to work really well as a substitute in baking. The main thing to keep in mind is that different types of yogurt have different tastes that will affect your end result!

Use yogurt wisely:

Before you substitute yogurt for everything, here are a few pointers to get the most out of it in your cooking.

- Over-stirring yogurt may cause it to break down and thin out. Never vigorously stir, whisk or beat yogurt. Instead, fold it into your recipes to maintain its rich and creamy consistency.
- If you heat yogurt too quickly, it will separate into curds and whey. Avoid this by making sure yogurt is at room temperature before adding it to a hot dish.
- Speaking of heating, don't forget that when yogurt is heated above 120 degrees F, it loses its beneficial bacteria.
- The acidity in yogurt can react negatively to aluminum so avoid using aluminum foil or aluminum baking dishes when cooking or baking with it.

For a closer look inside yogurt, and yogurt recipe tips and tricks, visit: <http://oneyogurteveryday.com/>.