



# Give Your Family More of the Good Stuff!



## Shop and Save

- ❁ Store brands can be less expensive than national brands.
- ❁ Buying yogurt in larger containers instead of single serving containers can save you money. Check the cost per ounce on the grocery shelf price tag.
- ❁ Check the 'best by' or 'use by' date on the package and choose the longest time for use.
- ❁ Greek yogurt may cost more than regular yogurt.



## Yogurt Basics

*Yogurt provides calcium, protein and healthy (probiotic) bacteria.*



## Types of Yogurt

**Traditional** yogurt has a tart taste and smooth texture. It can be thickened with milk solids, gelatin, agar, guar gum or starches.

**Greek** style yogurt has been strained to separate out the liquid whey. This makes it thicker and concentrates the protein. It also reduces the calcium, sodium and sugars.

**Plain** yogurt is especially tart because it has no added fruit or sugar.

**Flavored** yogurts may contain fruit or other natural or artificial flavorings, sugars or artificial sweeteners.

**Non-dairy** yogurt can be made from soy, coconut or almond milk.

## Store Well Waste Less

- Keep yogurt in the refrigerator. Cover tightly to keep it from drying out, spoiling, or taking on the flavors of other foods in the refrigerator.
- If stored well (refrigerated and covered), yogurt is safe to eat after the 'use by' date but the flavor may be more tart and the liquid may

have separated out. (It will need to be stirred.) Discard the entire container if any mold has appeared.

- Freezing yogurt is safe but the texture will not be the same after thawing.



Yogurt may be easier to digest for people with lactose intolerance.

# Using Yogurt

## Quick Fix

- ✿ Use yogurt in smoothies and frozen fruit yogurt.
- ✿ Substitute for mayonnaise and sour cream in salad dressing or dips.
- ✿ Add to fresh or frozen fruit and granola.
- ✿ Substitute for buttermilk in baked goods.
- ✿ Top waffles or pancakes with yogurt and fruit.

## Yogurt Fruit Dip

### Ingredients:

- 1 cup nonfat **plain yogurt**
- 1 teaspoon **vanilla extract**
- ½ teaspoon **cinnamon**
- 1 teaspoon **brown sugar**

### Directions:

1. In a bowl, combine yogurt, vanilla, cinnamon and brown sugar. Mix well.
2. Serve with sliced apples or other fruit.
3. Refrigerate leftovers within 2 hours.

**Makes:** 1 cup **Prep time:** 5 minutes

## Peanut Butter Yogurt Dip

### Ingredients:

- ½ cup nonfat **plain yogurt**
- ¼ cup **peanut butter**
- ¾ teaspoon **cinnamon** (optional)

### Directions:

1. In a small bowl, mix together yogurt and peanut butter. Add cinnamon, if desired.
2. Serve with slices of fruit or vegetables.
3. Refrigerate leftovers within two hours.

**Makes:** ¾ cup **Prep time:** 5 minutes

## Drinkable Yogurt

### Ingredients:

- ½ cup low fat **plain yogurt**
- ½ cup **100% fruit juice**

### Directions:

1. Add yogurt and juice to a clean jar or other container with a lid. Close lid and shake.
2. Serve cold.
3. Refrigerate leftovers within 2 hours.

**Makes:** 1 cup **Prep time:** 5 minutes



**Kids Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ measure yogurt or other ingredients.
- ✿ mix or shake the ingredients.
- ✿ use a rubber scraper to get peanut butter out of a cup.
- ✿ wash and slice fruit.

Go to [FoodHero.org](http://FoodHero.org) for easy, tasty recipes using yogurt