

YOGOURT

Did you know?

There are three major types of yogourt, depending on how it's made:

- **Balkan** or **firm** yogourt has a thick texture and can be eaten as is or added to recipes.
- **Swiss** or **stirred** yogourt is less thick. It is often used in smoothies or added into desserts.
- **Greek** yogourt is very thick and more heat-resistant, so it's ideal for cooking. It's also called Mediterranean yogourt and is often used to make dips.

Choosing it

Fruit-flavoured or other flavoured yogourts contain added sugar. Ideally, choose plain yogourt and then add your favourite flavourings (dried or frozen fruit, nuts, seeds, cocoa, citrus zest, granola, honey or maple syrup).

Good to know!

Since little ones aren't used to very sweet flavours yet, it's the perfect time to introduce them to **plain yogourt**.



Why we like it

Yogourt freezes well. You can serve it as a **frozen pop**. You can also spread the yogourt on a baking sheet and top it (with fruit, nuts, chocolate, coulis) before freezing. Delicious, refreshing and more nutritious than store-bought frozen pops.

Tip to reduce waste

Is your yogourt about to reach its "best before" date? Use it in a **muffin** or **loaf** recipe. Cooking will destroy the bacteria.



5 ways to use it

- Kids love **sweet** and **salty dips** made with yogourt.
- Serve a lighter version of baked potatoes by **replacing sour cream** with yogourt garnished with chives.
- At breakfast, serve yogourt in a bowl or glass, garnished with **granola, berries, coconut, nuts** and **seeds**.
- For a **lighter dessert topping**, add a little yogourt to your whipped cream.
- Dip **fruit** in yogourt, then sprinkle with grated chocolate, coconut or cinnamon sugar.

Storing it

Yogourt can be eaten after the "best before" date if it still looks good. Don't eat it if the smell, texture or colour has changed.