

## COOKING WITH DAIRY

### TIPS AND TRICKS

Yogurt can be a great and healthy alternative to heavier ingredients in both cooking and baking.

#### **Here are some of the most popular yogurt substitutions:**

1 cup mayonnaise = 1 cup yogurt

1 cup sour cream = 1 cup Greek yogurt

1 cup heavy cream = 1 cup Greek yogurt

1 cup buttermilk =  $\frac{2}{3}$  cup yogurt and  $\frac{3}{4}$  cup milk

1 cup butter =  $\frac{1}{2}$  cup Greek yogurt and  $\frac{1}{2}$  cup butter

1 cup oil =  $\frac{3}{4}$  cup Greek yogurt

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