

# Greek Yogurt - Why It Needs To Be A Staple In Your Fridge

Greek yogurt is a staple in our household. Just like normal plain yogurt, it has lots of health benefits. Calcium for strong bones. Probiotics for gut health. It also has less sugar and more protein than regular plain yogurt, making it a perfect snack to keep you feeling fuller for longer. But my favourite thing about Greek Yogurt is its versatility.

Greek yogurt is made by straining the whey from normal plain yogurt, which leaves a thicker, creamier consistency. Because of its thick consistency, Greek yogurt can be used in so many ways:

- Enjoyed the simple way, in a bowl topped with fruit, perfect for breakfast or dessert.
- With muesli or granola instead of milk.
- As the base for a sauce or dip.
- As a topping for soups or curries as a substitute for cream.
- As a topping for jacket potatoes, tacos or nachos instead of sour cream.
- As a layer or topping in a baked dish or lasagne, just top with grated cheese.
- As an ingredient in a smoothie for added creaminess.
- As a topping for pancakes, just add a little maple syrup and some chopped strawberries.
- Use in baking instead of milk or cream

As you can see, there are many ways to use Greek Yogurt!

Two things to be mindful of when choosing a Greek Yogurt. Avoid the flavoured variety. These flavours just add a heap of sugar. Try adding your own flavours to plain Greek yogurt by mashing a banana or some strawberries and stirring it through. Also “Greek-Style” Yogurt is different to Greek Yogurt. Greek Yogurt goes through the extra step of straining the whey from plain yogurt to produce thickness. Greek-Style yogurt is made by adding artificial thickeners to plain yogurt. Because whey is where yogurt gets most of its sugar/lactose, when it is strained, you are left with a lower sugar and lower lactose product (good for those who may have lactose intolerance). But when you add thickener instead, the sugars remain. Greek Yogurt is a fantastic staple in a healthy, balanced diet. I recommend everyone experiments with different ways to use Greek yogurt, you may be pleasantly surprised at how delicious it can be a substitute.