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The Greek Yogurt Kitchen: More Than 130 Delicious, Healthy Recipes For Every Meal Of The Day



Synopsis

Greek yogurt has quickly become America's favorite health food, its tangy, luscious taste going far beyond a typical breakfast or simple snack. Thanks to its health benefits, this power food has become a staple. Greek yogurt's protein quantity builds muscles and regulates metabolism and the probiotics help maintain a healthy digestive tract and boost the immune system. Greek yogurt is also an excellent source of calcium and very low in sodium-and it's lactose-intolerant friendly, too! Why wouldn't you want it in every meal? Now, in *THE GREEK YOGURT KITCHEN*, nutrition expert Toby Amidor shows readers how to cut back on fat and calories without compromising flavor. She shares how to use this most versatile and healthful ingredient in unexpected ways, making even the most bad-for-you foods healthier, tastier, and more satisfying. Recipes include: --Lemon-Blueberry Stuffed French Toast--Herbed Goat Cheese and Red Pepper Crostini--Penne Bolognese--White Margarita Pizza--Spiced Chocolate Cupcakes--And more! Greek yogurt has quickly become one of America's favorite foods, its tangy, luscious taste going far beyond a typical breakfast or simple snack. Thanks to its health benefits, this power food has become a staple. Greek yogurt's protein quantity builds muscles and regulates metabolism and the probiotics help maintain a healthy digestive tract and boost the immune system. Greek yogurt is also an excellent source of calcium and very low in sodium-and it's lactose-intolerant friendly, too! Because it is strained, resulting in very low water content, the ingredient is thick, creamy, and indulgent. Why wouldn't you want it in every meal? Now, in *THE GREEK YOGURT KITCHEN*, nutrition expert Toby Amidor shows readers how to cut back on fat and calories without compromising flavor. She shares how to use this most versatile and healthful ingredient in unexpected ways, making even the most bad-for-you foods healthier, tastier, and more satisfying. Recipes include: Smoked Salmon Torte Lemon-Blueberry Stuffed French Toast Whole Grain Banana-Chocolate Chip Pancakes Herbed Goat Cheese and Pepper Crostini Chilled Herb-Tomato Soup Penne Bolognese White Margarita Pizza Dulche de Leche Bowl Spiced Chocolate Cupcakes And more.

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Customer Reviews

The Greek Yogurt Kitchen was quite a surprise: this isn't a book taking one ingredient and overstating its usefulness and definitely isn't about Greek food. Rather, what we have is a staple ingredient that can be used in many different ways in order to create healthier and often better tasting food. The emphasis of the book is on quick and easy preparation of common staples - foods you and your children will want to eat. The book breaks down as follows: 1) Greek Yogurt, a superstar food. 2) Breakfast. 3) Snacks and appetizers. 4) Salads, soups, sandwiches. 5) Main dishes. 6) Side dishes. 7) Desserts. Then notes, a metric conversion chart, and index. The recipes were, as promised, very easy to follow. Often, they were about taking one very fatty or poor health ingredient such as cheese or milk, and substituting a lot of it with the yogurt. The taste was the same, but the sodium and calories were cut and no artificial sweeteners were ever used. The book is very health centered but doesn't shun any ingredients except the artificial sweeteners. It is useful in that you use a very small amount of cream, chocolate, sugar, etc., instead of a lot. So you'll get the good taste without the unhealthy quantities. Nearly all the recipes have wholesome and easy to find ingredients and all have nutrition breakdowns including calories, fat, protein, carbs, fiber, cholesterol, and sodium. Several have specific tips about preparation (how to clean mushrooms) or presentation. I really liked that the recipes were easy to follow and was surprised at how easy it was to find Greek yogurt (which isn't Greek) in the local supermarket.

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