



The Greek Yogurt Cookbook: Includes Over 125 Delicious, Nutritious Greek Yogurt Recipes

Lauren Kelly

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Innovative ways to enjoy today's most popular superfood!

Greek yogurt is being touted as "the next superfood" and for good reason--it's delicious, low in fat, and has about 18 grams of protein per serving! Like many who swear by it, you may consider it your morning staple, but *The Greek Yogurt Cookbook* expands the food beyond the quick breakfast or snack with 125 delicious Greek yogurt recipes for any time of day. From tantalizing marinades, sauces, and dressings to hearty entrees bursting with flavor, you will delight in the rich taste, creamy texture, and endless health benefits that Greek yogurt brings to every dish.

Featuring creative and delicious swaps and substitutions, this book offers step-by-step instructions for creating a variety of Greek yogurt recipes, such as:

- Applesauce carrot spice muffins
- Kale artichoke dip
- Goat cheese, pepper, and mushroom pizza
- Lamb kabobs with rosemary
- Blueberry vanilla cheesecake with pecan crust

The Greek Yogurt Cookbook is the all-in-one cooking guide for those looking to get this superfood into their diet!

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