

Plain Greek Yogurt w/ a Twist

Greek yogurt remains popular. So popular that every processed food company has hit the shelf with so many varieties it's no wonder clients are confused about what's the healthier choice.

Here's a little Greek Yogurt primer

Which Brand to Buy –

- ***Fage***: thicker, mousse-like texture, truer taste
- ***Chobani/Orcous***: slightly lighter, more bitter taste, thicker texture
- ***Fresh***: lumpier texture, more intense flavor

Which Variety to Buy –

- Pick PLAIN first
- If you can't stomach the plain nonfat, avoid "real fruit on the bottom" ...and
- Pick a product where the protein grams at least EQUALS the total sugar grams listed on the label
- ...again Clean Eat, pick plain nonfat Greek yogurt and add your own twist.

**Five Different Ways to Enjoy PLAIN Nonfat Greek Yogurt
(if dairy agrees with your body)**

Sweetness

Mix 5.2 oz of plain yogurt with 1 tablespoon of an all natural fruit spread and 1 handful of chopped almonds or walnuts

Dessert

Mix 5.2 oz of plain yogurt with frozen strawberries and mini chocolate chips (or 1 tablespoon of sugar free Jello pudding powder (any flavor)

Salty Veggie Dip

Mix 5.2 oz of plain yogurt with a seasoning blends, (or blend with 2 teaspoons of Hidden Valley Ranch Dressing Powder)

Spread

Start with 2 plain things like rice cakes, Wasa Crackers, sprouted bread, spread 1-2 tablespoon of natural peanut butter on each one, spread 2oz of plain Greek yogurt evenly on each, spread 1-2 tablespoon of no-sugar-added 100% fruit spread on top

Smoothie

Using a large mason jar or plastic up add 5.2oz of plain yogurt, 1/2 cup frozen berries or other fruit, 2-4oz water (or almond milk), and ice – Blend (use that emersion blender you're scared of!)