



Stonyfield Farm Yogurt Cookbook

Meg Hirshberg

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Out of the cup, and into your favorite dishes!

There's more to yogurt than an energizing breakfast treat or a healthy afternoon snack. As the folks at Stonyfield Farm know, yogurt is a flexible ingredient used in cooking all over the world, one just now claiming its spot in American kitchens. With its surprising versatility, creamy texture, and piquant flavor, yogurt is a lowfat alternative to sour cream, cream cheese, or vegetable oil in all types of recipes--baked goods stay moist, flavors intensify, and calories and fat content remain low.

In the Stonyfield Farm Yogurt Cookbook, America's fastest-growing yogurt company presents yogurt enthusiasts and newcomers alike with over 300 recipes for Breakfast and Brunches; Breads; Fresh Fruit and Yogurt; Smoothies; Dips, Spreads, Sauces, and Dressings; Soups; Salads and Side Dishes; Main Dishes; and, of course, Desserts. It also includes sections on how yogurt is made and the importance of yogurt as a major source of nutrients. But yogurt's health benefits will certainly not be the only reason these tempting recipes become family favorites. Who can resist Lemon Yogurt Muffins, Mediterranean Chicken Salad, Curried Shrimp and Baby Vegetables, or Chocolate Yogurt Cheesecake?

Whether it's in spicy side dishes, a savory main course, or sweet baked goods, yogurt is a sophisticated addition to any cook's repertoire--and with the Stonyfield Farm Yogurt Cookbook's easy-to-follow recipes, is indispensable for wholesome and healthful cooking.

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