



YOGURT AS A SUBSTITUTE

With numerous nutritional benefits, yogurt is a great ingredient substitute for both baking sweets and cooking a delicious savory meal.

Our kitchen secret: When you substitute yogurt for fats and liquids in your cooking there may not always be an even cup-for-cup exchange. For optimal quality, be sure to add the minimum amount of yogurt needed to avoid thinning.

1 Cup Sour Cream  =  1 Cup Dannon Plain Nonfat Yogurt

1 Cup Vegetable Oil  =  1 Cup Dannon Plain Nonfat Yogurt

1 Cup Butter  =  1/4 Cup Dannon +  1/2 Cup Butter

1 Cup Heavy Cream  =  1 Cup Dannon Plain Nonfat Yogurt

1 Cup Buttermilk (whole)  =  2/3 Cup Dannon +  1/3 Cup Milk

1 Cup Mayonnaise  =  1 Cup Dannon Plain Nonfat Yogurt