

Cooking with dairy

tips & tricks

Yogurt can be a great and healthy alternative to heavier ingredients in both cooking and baking!

POPULAR YOGURT SUBSTITUTES:

1 cup mayonnaise



1 cup yogurt

1 cup sour cream



1 cup Greek yogurt

1 cup heavy cream



1 cup Greek yogurt

1 cup buttermilk



**2/3 cup yogurt + 3/4
cup milk**

1 cup butter



**1/2 cup Greek yogurt +
1/2 cup butter**

1 cup oil



3/4 cup Greek yogurt

