



ON THE MENU: GREEK YOGURT



THE NUTRITION

Protein: contains 2-3x the amount of protein per serving compared to regular yogurt.

Probiotics: healthy bacteria that help boost our immune systems.

Calcium: essential for strong bones and teeth.

THE USES

Toppings and mixes: can replace sour cream and mayonnaise.

Workout recovery: pair with a fruit to make a perfect post-workout snack.

Protein source: in smoothies, snacks and homemade popsicles or other desserts.

GREEK YOGURT CORN DIP

Makes: 24 servings

Recommended Serving: 1/4 cup

Ingredients

- 2 (8 oz) blocks nonfat cream cheese
- 16 oz nonfat Greek yogurt, plain
- 1 (15 oz) can corn, drained and rinsed
- 2 large red peppers, diced
- 2 packets ranch dry seasoning
- 2 jalapenos, diced (optional)

Directions

1. Combine all ingredients.
2. Chill for 1 hour.

Nutrition information per serving:

50 calories, 7 grams carbohydrates, 5 grams protein, 1 gram fat, 0.2 grams saturated fat, 1 gram fiber, 299 mg sodium, 1.5 grams sugar