

Can-Do YOGURT



Fruit Yogurt Popsicles

Ingredients

- 4 cups fruit (fresh, frozen or canned)
- 1 cup nonfat or low-fat plain yogurt
- 1 to 3 tablespoons sugar (optional)

Directions

1. Clean hands and food preparation surfaces.
2. Rinse fresh fruit under running water before preparing.
3. Combine fruit and yogurt in a blender or food processor. Blend until creamy, about 2 to 4 minutes.
4. Taste and add sugar, if desired.
5. Pour mixture into popsicle molds or 3-ounce paper cups. Insert popsicle or wooden craft sticks.
6. Freeze until hard, about 2 to 3 hours.
7. Refrigerate or freeze leftovers within 2 hours.

Notes

- Try any type of fruit, or a mix, such as pineapple and strawberry or kiwi and raspberry.
- Let frozen fruit thaw for a few minutes for easier blending.
- Try vanilla yogurt and skip the added sugar.
- You can adjust the amount of sugar based on the sweetness of your fruit.
- Make 2 batches of the recipe with different colored fruit and layer or swirl them in the cups before freezing.

Adapted from:

foodhero.org/recipes/fruit-yogurt-popsicles



Extension
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Raspberry Fruit Dip

Ingredients

- ½ cup raspberries (fresh or frozen and thawed)
- 1 tablespoon sugar
- 1 cup nonfat plain yogurt
- 3 pears or apples, sliced for serving

Directions

1. Clean hands and food preparation surfaces.
2. Rinse fresh raspberries under running water before preparing.
3. In a small bowl, mash the raspberries with sugar. Stir in the yogurt.
4. Serve with cut fruit.
5. Refrigerate leftovers within two hours.

Adapted from: foodhero.org/recipes/raspberry-fruit-dip



Honey Mustard Dressing

Ingredients

- ½ cup low-fat plain yogurt
- 3 tablespoons 1% or nonfat milk
- 1 tablespoon honey (See import safety note below.)
- 2 teaspoons prepared mustard (any type)

Important Safety Note: Honey is not recommended for children under 1 year old.

Directions

1. Clean hands and food preparation surfaces.
2. Combine all ingredients in a small bowl and stir until smooth. Cover and chill for 30 minutes before serving.
3. Refrigerate leftovers within 2 hours.

Notes

- For a stronger flavor, add an extra 1 to 2 teaspoons mustard.
- This recipe works with all types of mustard.

Adapted from: foodhero.org/recipes/honey-mustard-dressing

Yogurt Tips

Different types of yogurts contain different nutrients. Compare nutrition facts and prices for a good buy.

- Dairy yogurt is made from milk and varies in texture, flavor and nutrients, especially protein and total sugars.
- Non-dairy yogurt is made from oat, soy, almond or other plant milks. The nutrients provided may be very different than dairy yogurt.
- Flavored yogurt is sweetened by added sugars or sugar substitutes and fruit or other flavors.
- Plain yogurt has no added sugar or flavorings

Yogurt may be easier to digest than milk for people with lactose intolerance.

Store brands may be less expensive than national brands. Buying yogurt in larger containers instead of single serving cups may save you money. Check the cost per ounce of the grocery shelf price tag.

Check the 'best by' or 'use by' date on the package and choose the longest time for use.

Store yogurt in the refrigerator, covered tightly to keep it from drying out, spoiling or taking on the flavors of other foods in the refrigerator.

Yogurt is safe to eat after the 'use by' date, but the flavor may be tarter, and the liquid may have separated out and will need to be stirred. Discard the entire container if any mold has appeared.

It's normal for yogurt to have a bit of liquid floating on top of the surface. This liquid is whey, a protein- and calcium-rich byproduct of the yogurt-making process. When yogurt is fresh, the liquid runs clear, stir it into the yogurt before serving. However, if there's excess fluid that's become cloudy, yellow, tangy

smelling or moldy – dispose of the entire container.

Freezing yogurt is safe, but the texture will change, and it will no longer be useful for fresh eating. Use it for baking and smoothies.

Substitute yogurt for sour cream or mayonnaise in cooking or baking. Keep in mind that the amount won't always be a one-to-one exchange for the original ingredients, so you will need to experiment. Below are a few other exchanges you can make.

- Substitute half the oil in a recipe with $\frac{3}{4}$ the amount of yogurt.
- For one cup of oil use $\frac{1}{2}$ cup of oil, plus $\frac{3}{4}$ cup of yogurt.
- With butter, replace half the butter with half the amount of yogurt. Therefore, a recipe that calls for one cup of butter will use $\frac{1}{2}$ cup of butter and $\frac{1}{4}$ cup of yogurt.
- Use $\frac{1}{4}$ cup of yogurt for one egg.

Lower-fat yogurts are more prone to curdling when heated, so choose higher-fat options or a thickening agent, such as corn starch, when cooking or baking with yogurt.

Yogurt contains lactic acid which makes it a great choice to marinate tough cuts of meat. In fact, yogurt is much better at softening meat than other common marinade ingredients such as citrus, vinegar or wine. To create a tasty yogurt marinade, use $\frac{1}{2}$ cup of yogurt per pound of meat. Before brushing it onto your meat, mix in a liquid such as olive oil or beef broth. Additionally, you can add spices and herbs.

Choose peanut butter that lists only peanuts and possibly salt as ingredients. Avoid those with added oils, sugars or preservatives.

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Whole Wheat Yogurt Rolls

Ingredients

- 1 ½ cups whole-wheat flour
- 1 ¾ teaspoons baking soda
- 1 teaspoon salt
- 1 ¼ cups low-fat plain yogurt

Directions

1. Clean hands and food preparation surfaces.
2. Preheat oven to 450 F.
3. Stir flour, baking soda and salt together in a large bowl. Add yogurt to the center and stir until a dough forms.
4. Divide dough into 10 equal sized balls. Dust hands with flour and roll each ball lightly until surface is smoothed.
5. Place on baking sheet and flatten each ball to ½ inch thick.
6. Bake for 10 to 15 minutes, until light golden brown. Serve warm with soup or salad.

Adapted from: foodhero.org/recipes/whole-wheat-yogurt-rolls