

5 Ways to Add Yogurt to Your Diet

1



Whirl Up a Smoothie

Add low-fat yogurt to a variety of fruit smoothies.

2



Make Overnight Oats

You can make overnight oats with $\frac{1}{2}$ cup rolled oats, $\frac{1}{2}$ cup low-fat yogurt, and $\frac{1}{2}$ cup frozen fruit. Simply combine the ingredients and refrigerate overnight.

3



Use Yogurt to Replace Sour Cream

Use Greek yogurt in place of sour cream to top potatoes, use in tacos, or for vegetable dips.

5



Go for a Dip

Mix unsweetened plain Greek yogurt with cinnamon and honey for a tasty apple dip!

4



Try a Parfait

Enjoy a yogurt parfait with fresh or frozen fruit as a snack or for dessert.