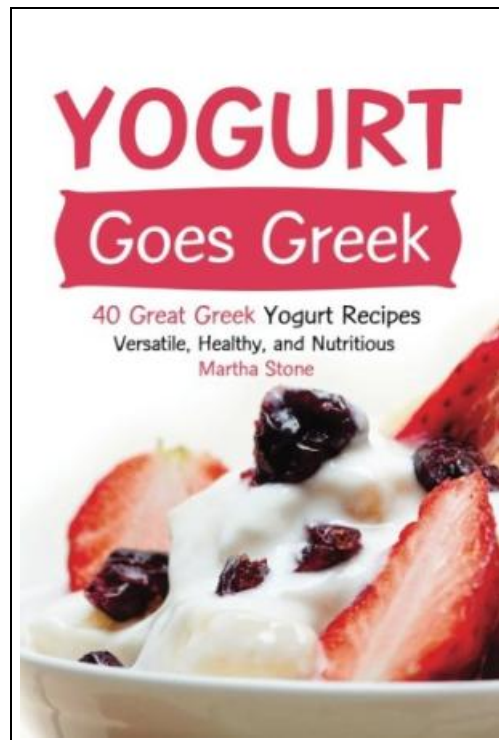


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This high-protein food is as buzzed about as any trendsetter, but does creamy Greek yogurt have the staying power of, say, a Kardashian? All the signs are pointing to a big yes. One thing is for sure though: both regular and Greek yogurt can be part of a healthy diet for all the family. Whether low-fat, no-fat or regular, they are relatively low in calories, but high in calcium and live bacteria. The difference is, though, that the Greek version is extensively strained, which removes a lot of the lactose, sugar, and liquid whey. This is what gives it its delicious, creamy consistency and makes it ideal for many different recipes including sauces, dips, and smoothies. Its versatility has meant that Greek yogurt sales have, in the last few years, increased worldwide. This popularity is largely due to the fact that this food source satisfies the consumers need for health, convenience, and taste. A great protein to carb ratio means it makes a great post-workout snack, and can help with weight loss and quell those midday hunger pangs. So, for anyone wanting a creamier texture, a little bit of a protein edge, and less sugar, going Greek is definitely the way to go.



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