

## Chobani® Savor™ — A Convenient Topping for Better Nutrition



Some popular toppings, like sour cream, add a flavor punch—but not much of a nutrition punch—to our favorite meals and snacks. That's why we decided to create a smart alternative that is lower in calories and fat than sour cream,\* but doesn't sacrifice on great taste.

Chobani® Savor™ is our same delicious plain Greek Yogurt, but now as a topping. Its thick and creamy texture transcends sour cream, making it a delicious substitute to make meals and snacks healthier. With simple and only natural ingredients, Chobani® Savor™ comes in an easy-to-use, resealable squeeze pouch for a mess-free alternative you can feel good about incorporating into your favorite meal and snack recipes.



### Enjoy at any eating occasion

Swapping Chobani® Savor™ Greek Yogurt Topping for sour cream is a smart alternative to boost nutrition and lower calories and fat\*—without sacrificing on taste.

- **Keeps calories and fat in check:** Two tablespoons of Chobani® Savor™ contains 50% fewer calories and 75% less fat than the equivalent amount of sour cream.\*
- **Powerful protein punch:** All healthy lifestyles require protein. Chobani® Savor™ provides three times more protein than the equivalent amount of sour cream.\*
- **Less than 5% lactose:** Greek Yogurt contains minimal lactose due to its straining process, making it a perfect part of a low-lactose diet.
- **Live and active cultures:** The probiotics found in every cup may help promote digestive health and support immune health.
- **Low in sodium:** Greek Yogurt is a naturally low-sodium food, and diets low in sodium can protect heart health.
- **Many macro and micronutrients:** Greek Yogurt offers a host of essential nutrients including calcium and B vitamins, to make meals and recipes healthier.

\*Chobani® Savor™ average: 25 calories, 3g protein, 1g fat; sour cream: 60 calories, 1g protein, 6g fat per 2 tbsp serving.



Chobani is on a mission to provide better food for more people, including those who want to enjoy great taste while cooking more healthfully. Use this resource for tips on how to maximize mealtime nutrition using Chobani® Savor™ Greek Yogurt Topping.

### Cooking:

- **Top it:** Use Chobani® Savor™ as a lighter—and more flavorful—topping for baked potatoes, tacos, soups, and more.
- **Mix it:** Add Chobani® Savor™ to sauces, dressings, and marinades for a creamy texture and rich and satisfying taste.
- **Garnish it:** Use Chobani® Savor™ as a garnish for vegetables and savory pancakes or crêpes.

### Meals:

- **Breakfast:** scrambled egg tacos + Chobani® Savor™ + orange slices
- **Morning snack:** veggies + Chobani® Savor™
- **Lunch:** chili + Chobani® Savor™ + whole grain bread
- **Afternoon snack:** corn chips + salsa + Chobani® Savor™
- **Dinner:** baked potato + black beans + roasted vegetables + Chobani® Savor™ + salad



Find more recipe inspiration at [chobani.com/recipes](https://chobani.com/recipes). And don't forget to tell us how you like to use Chobani® Savor™ on Instagram with #Chobani.