

## Chobani® Plain Multi-Serve Greek Yogurt Makes Nutritious and Delicious Culinary Creations



Culinary skills and nutritious ingredients are a gateway to good nutrition. Spoon for spoon, Chobani® Plain Greek Yogurt is a great way to improve the nutrition of any recipe by reducing calories while increasing protein and other essential nutrients.



**Inspire Creative Discovery in the Kitchen:** Authentically strained for a thick texture and creamy taste, our Chobani® Plain Greek Yogurt Multiserve is a versatile ingredient to lighten up your favorite dish. Ideal for cooking, baking, and mixing into smoothies and parfaits.

- **Small-spoon eating:** The perfect canvas for any morning routine—just top with berries, nuts, or granola for a great start to the day.
- **Big-spoon cooking:** A great substitute for ingredients such as heavy cream, sour cream, and mayonnaise in a wide variety of recipes—from savory dips and sauces to sweet baked goods.

**Nutritious and great-tasting food, without the sacrifice**

Chobani® Plain Greek Yogurt is a nutritious ingredient for all of your cooking needs.

- **Excellent source of protein:** One cup provides nearly half of daily protein needs (44% DV).
- **Live and active cultures:** The probiotics found in every cup may help promote digestive health and support immune health.
- **Less than 5% lactose:** Lactose is reduced through the authentic straining and fermentation process used to make our Greek Yogurt, making it a perfect part of a low lactose diet.
- **Low in sodium:** Greek Yogurt is a naturally low-sodium food, and diets low in sodium can protect heart health.
- **Naturally nutrient-dense:** Greek Yogurt offers a host of essential nutrients like calcium, potassium, and B vitamins—to make meals and recipes healthier.

**Recipe Tip**

Replace heavy cream with Chobani® Non-Fat Plain Greek Yogurt to thicken soups and cut over 650 calories per recipe.\*

\*According to the USDA Agricultural Research Service National Nutrient Database for Standard Reference, replacing heavy whipping cream (809 calories per cup (8oz)) with Chobani® Non-Fat Plain Greek Yogurt (120 calories per cup (8oz)) saves 689 calories.

**Chobani® Roasted Butternut Squash Soup**

Made with Chobani® Non-Fat Plain Greek Yogurt instead of heavy cream to save big on calories and fat.



**Ingredients**

1 cup Chobani® Non-Fat Plain Greek Yogurt  
8 cups chopped butternut squash  
½ cup extra virgin olive oil  
1½ tsp. ground cinnamon  
1 tsp. ground nutmeg  
¼ tsp. cayenne pepper (optional)  
1 tsp. kosher salt  
1 cup chopped yellow onion  
3 cloves minced garlic  
2 quarts low-sodium vegetable or chicken broth  
Pinch fresh ground black pepper  
1 cup croutons (optional for garnish)

**Instructions**

1. In a baking dish, toss squash with cinnamon, nutmeg, cayenne, salt, and ¼ cup of olive oil. Roast at 400°F for 12 minutes.
2. In a large pot over medium-high heat, cook onions and garlic in remaining 2 teaspoons oil until tender. Add squash and cook 5 minutes. Add broth and simmer for 30 minutes. Turn off heat and blend soup with yogurt in three batches and serve.

**Nutrition Information**

Yields 14 servings. Serving size: 1 cup, Amount Per Serving: Calories 130, Total Fat 8g, Saturated Fat 1g, Cholesterol 0mg, Sodium 230mg, Total Carbohydrates 15g, Fiber 3g, Total Sugars 4g, Protein 3g.

**Your favorite recipes just got smarter**

Chobani® Greek Yogurt is a smart ingredient that you can use to plus-up the nutrition of your favorite recipes.

**Try Chobani® Greek Yogurt instead of other common ingredients for a better dish:**

Mayonnaise



Chicken salad  
Deviled eggs  
Coleslaw  
Crab cakes

Buttermilk



Pancakes  
Fried chicken  
Ranch dressing  
Waffles

Sour cream



Cheesecake  
Guacamole  
Baked potatoes  
Nachos

Heavy cream



Soups  
Alfredo sauce  
Mashed potatoes  
Whipped cream



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