

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

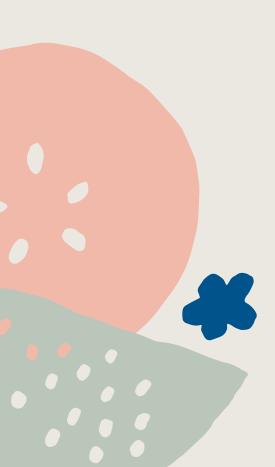


Culinary skills and nutritious ingredients are a gateway to good nutrition. Spoon for spoon, Chobani® Plain Greek Yogurt is a great way to improve the nutrition of any recipe by reducing calories while increasing protein and other essential nutrients.



**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 (802)) with Chobani® Non-Fat Plain Greek Yogurt (120 calories per cup (802)) 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

- 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 Omg, Sodium 230mg, Total Carbohydrates 15g, Fiber 3g, Total Sugars 4g, Protein 3g.

