

How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

YOGURT

Yogurt is a fermented milk product with a creamy, tangy flavor profile. A wide variety of yogurts are available, ranging from very-low-fat fruit yogurts to Greek-style yogurt!

Examples:



Walnut and Apple
Waldorf Salad w/
Yogurt



PB Vanilla Protein Dip



Wild Berry
Smoothie Bowl



PB & J Greek Yogurt
Parfait



Greek Yogurt
Tzatziki Sauce

TIP!

Consider using vanilla yogurt (USDA YGRT VNL HI PRTN #7733546) through USDA Foods!