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The Greek Yogurt Kitchen: More Than 130 Delicious, Healthy Recipes for Every Meal of the Day

By Toby Amidor

Little, Brown & Company. Paperback. Book Condition: new. BRAND NEW, The Greek Yogurt Kitchen: More Than 130 Delicious, Healthy Recipes for Every Meal of the Day, Toby Amidor, Greek yogurt has quickly become America's favorite health food, its tangy, luscious taste going far beyond a typical breakfast or simple snack. Thanks to its health benefits, this power food has become a staple. Greek yogurt's protein quantity builds muscles and regulates metabolism and the probiotics help maintain a healthy digestive tract and boost the immune system. Greek yogurt is also an excellent source of calcium and very low in sodium-and it's lactose-intolerant friendly, too! Why wouldn't you want it in every meal? Now, in THE GREEK YOGURT KITCHEN, nutrition expert Toby Amidor shows readers how to cut back on fat and calories without compromising flavor. She shares how to use this most versatile and healthful ingredient in unexpected ways, making even the most bad-for-you foods healthier, tastier, and more satisfying. Recipes include: --Lemon-Blueberry Stuffed French Toast --Herbed Goat Cheese and Red Pepper Crostini --Penne Bolognese --White Margarita Pizza --Spiced Chocolate Cupcakes Greek yogurt has quickly become one of America's favorite foods, its tangy, luscious taste going far beyond a typical breakfast...



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