

Beneficial Bites



Yogurt



Health Benefits:

- ◆ Good source of Calcium that helps prevent osteoporosis
- ◆ May help with blood pressure
- ◆ Helps make the immune system more resilient
- ◆ Contains probiotics (good bacteria) that help regulate the digestive system

Interesting Facts:

- ◆ Was thought to be discovered accidentally as a result of milk being stored by primitive methods in warm climates
- ◆ Turkish immigrants brought yogurt to North America in the 1700s
- ◆ Consuming active or live cultures of yogurt provide health benefits
- ◆ Plain yogurt can take the place of sour cream in baked recipes

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Check out the July menu for these “yogurt” foods



Featured Recipes:

- ◆ Cucumber Yogurt Dip
- ◆ Honey Mustard Yogurt Dressing
- ◆ Lemon Yogurt Bars
- ◆ Persian Cucumber Yogurt
- ◆ Strawberry Yogurt Scones
- ◆ Yogurt Curry with Noodles



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