



Greek Yogurt Conversions

Here are some simple conversions to help you replace some of the common cooking oils and other ingredients you may use when baking/ cooking. By replacing Greek yogurt into any recipe you will be increasing the protein and reducing the fat content of your product.

All of the conversions are substituted with plain nonfat Greek yogurt.

1 Cup Sour Cream = 1 Cup Greek Yogurt

1 Cup Oil = $\frac{3}{4}$ Cup Greek Yogurt

1 Cup Butter = $\frac{1}{4}$ Cup Greek Yogurt + $\frac{1}{2}$ Cup Butter

1 Cup Mayonnaise = 1 Cup Greek Yogurt

1 Cup Cream Cheese = 1 Cup Greek Yogurt

1 Cup Buttermilk – $\frac{2}{3}$ Cup Greek Yogurt + $\frac{1}{4}$ Cup Buttermilk