

# NUTRITION

# NEWS

## Low-Fat Cooking? Go Yogurt

(NAPSA)—Here's food for thought: You can make moist and delicious pastries and other baked goods with the help of a surprising ingredient.

Substituting low-fat organic yogurt for sour cream when baking saves 46 grams of fat per cup, while keeping the food moist and the texture right.



**Using organic yogurt instead of cream or mayonnaise can help you keep your cooking light yet still tasting right.**

### More Yogurt Uses

What's more, you can use organic yogurt to reduce the calories in dips and dressings, by substituting it for mayonnaise or sour cream in equal amounts.

Organic yogurt helps tenderize meats and makes an excellent marinade.

Organic yogurt can also be used in place of heavy cream to thicken a variety of sauces. Just add a tablespoon of flour for each cup of organic yogurt.

### Free Recipes

You can learn more about nutritious, delicious organic yogurt and find some fine recipes online at the Stonyfield Farm Web site, [www.stonyfield.com](http://www.stonyfield.com).