

How Greek style yogurt is different from regular yogurt:

1. **Texture** – Greek yogurt has a smooth, rich and thick consistency that tastes too good to be true! Part of what makes Greek yogurt different than regular yogurt is that it is strained to remove the whey, giving it a dense texture.
2. **Versatility** – Greek yogurt can be used for both savory and sweet dishes. Due to its thick texture and rich taste, many people use it as a substitute for milk, sour cream and even crème fraiche when cooking or baking.
3. **More Protein** – With more protein than the average American yogurt, Greek yogurt is a protein powerhouse. Since it is strained, the protein content is concentrated, providing an average of 20g per cup as opposed to 13g per cup for the American style.
4. **Easier to Digest** – Greek yogurt contains less carbs than regular yogurt and therefore less lactose, the sugar in dairy products that can sometimes upset people's stomachs.
5. **Fullness Factor** – Greek yogurt is dense and so high in protein that it keeps you feeling full and satisfied

Since the whey is strained from the yogurt itself, the result is a yogurt with less lactose with fewer carbohydrates than regular yogurts, and the protein is more concentrated.

Greek yogurt is a blend of cream and milk, so it has a much higher percentage of milk fat (butterfat)—anywhere from 4% to 10%, compared to regular whole milk yogurts that generally don't exceed 3.5% milk fat.

Make sure you get 2% or fat free as regular Greek style yogurt has more calories and more fat than regular yogurt; however, it also has more protein 12 grams per 8 Oz serving

Another benefit of cooking with Greek yogurt is that it is thicker and will not curdle and separate making it a great choice for making creamy sauces and dressings.