



# Yogurt Every Day: Healthy and Delicious Recipes for Breakfast, Lunch, Dinner and Dessert

*Hubert Cormier*

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**Hailed as a superfood and loved for its cool, tangy taste, yogurt's popularity continues to grow. *Yogurt Every Day* feeds this frenzy for yogurt, serving up 75 delicious recipes for breakfast, lunch, dinner, snacks and dessert, including how to make your own yogurt at home.**

After years of serving as a quick breakfast fix or mid-afternoon pick-me-up, yogurt is finally having its day, embraced by a public passionate about the art of living and eating well. The surging popularity of Greek, Skyr and other yogurts testifies not only to their celebrated probiotics and healthful benefits, but to their versatility, creamy textures and rich tangy flavours.

In *Yogurt Every Day*, celebrated nutritionist Hubert Cormier shows just how easy and delicious it is to incorporate yogurt into your daily life, offering 75 recipes for breakfast, lunch, dinner, snacks and dessert--including a full section on how to make your very own yogurt. Whether using a yogurt maker, a slow cooker, or the equipment available in every home kitchen (a saucepan, the stove and the oven), Hubert couldn't make it easier for you to create your favorite type of yogurt--from Swiss, Balkan, Skyr to Greek as well as Coconut yogurt for a dairy-free alternative.

With recipes ranging from Chia Seed Pudding with Kiwi, and Frozen Smoothie Yogurt Cubes, to Coquilles Saint-Jacques, Tagliatelle a la Carbonara and Avocado Lassi, *Yogurt Every Day* offers something for everyone, be it the cook on the go, or the health-minded foodie seeking new recipes, new ingredients and new kitchen adventures.

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#### **Sharon Broome:**

A lot of people always spent their own free time to vacation as well as go to the outside with them family members or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or playing video games all day long. If you need to try to find a new activity that's look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent all day long to reading a book. The book Yogurt Every Day: Healthy and Delicious Recipes for Breakfast, Lunch, Dinner and Dessert it is quite good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. If you did not have enough space to deliver this book you can buy the e-book. You can m0ore quickly to read this book from your smart phone. The price is not to fund but this book provides high quality.

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Playing with family in a very park, coming to see the water world or hanging out with friends is thing that usually you might have done when you have spare time, in that case why you don't try matter that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Yogurt Every Day: Healthy and Delicious Recipes for Breakfast, Lunch, Dinner and Dessert, you may enjoy both. It is great combination right, you still need to miss it? What kind of hang type is it? Oh can happen its mind hangout fellas. What? Still don't understand it, oh come on its named reading friends.

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