

Greek Yoghurt - Cheap and Easy

I use Greek style yogurt in place of sour cream. The non-fat and low fat Greek yoghurts are just as tasty as full fat sour cream. I never liked low fat sour cream and always opted for regular sour cream. But the Greek yoghurt, whether it's low fat or non-fat is pretty darned good and every bit as good as full fat sour cream. But yoghurt has lots more protein and way less fat and calories than sour cream.

Greek yogurt can be over priced. Greek yoghurt is nothing more than strained regular yoghurt. It takes about 2 cups of regular to make 1 cup of Greek. So the Greek should cost no more than twice as much as regular. It might be cheaper to make your own. Just use regular or non-fat or low-fat plain yoghurt. Here's how:

You can use your coffee maker to strain the water out of the yoghurt. Make sure the coffee filter basket is really clean. Place a coffee filter in the coffee basket. Put the yoghurt in the filter and the water will drip into the coffee pot below. Don't turn on the coffee maker! If possible, let it drain in the fridge. It only takes about half an hour and it won't hurt anything if you have to leave it on the kitchen counter that long. You can let it drip overnight under refrigeration for a thicker yoghurt. I use a Melita dripper and put the coffee cone on top of a water glass and put the whole works in the fridge. When you're ready to use it, discard the water. Use a rubber spatula to scrape the Greek yoghurt out of the coffee filter.

This recipe is downloadable from my website, www.RehabForWeightLoss.com.