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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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