

siggi's®

culinary inspirations

Simple ingredients call for simple recipes. Here are just a few culinary creations from the siggi's team that meet different meal planning needs. We hope that you enjoy our recipes and are inspired to get creative in your own kitchen with siggi's products. For more great recipes and ideas, visit www.sigisdairy.com.



Breakfast On-The-Go | Banana Almond Overnight Oats

makes 1 serving

Ingredients

- ½ medium banana, sliced
- ½ cup old-fashioned oats
- ½ cup milk
- ½ cup siggi's Plain or Vanilla Icelandic-style yogurt (skyr)
- 1 tsp chia seeds
- 2 Tbs sliced almonds

Preparation

In a jar, combine all ingredients. Mix well and let sit overnight in the refrigerator.

The next morning, top with extra almonds and fresh slices of banana and take it to go and enjoy!



Healthy Indulgence | Frozen Banana Yogurt Pops

makes 12 servings

Ingredients

- 6 medium bananas, peeled & halved
- 1 container (5.3oz) siggi's Vanilla Icelandic-style yogurt (skyr)
- ¼ cup whole milk
- 4 oz dark chocolate, melted
- ½ cup of toppings (shredded coconut, pistachios, etc.)
- 12 wooden frozen treat sticks

Preparation

Insert the banana halves with a wooden frozen treat stick about a quarter of the length and place in the freezer to harden for about 2 hours or overnight.

In a medium size bowl, combine the yogurt and whole milk. Dip each frozen banana into the yogurt mixture and sprinkle with your favorite toppings and drizzle with a bit of chocolate.



Post-Workout Fuel | Tropical Green Protein Smoothie

makes 1 serving

Ingredients

- 1 container (5.3oz) siggi's Plain Icelandic-style yogurt (skyr)
- 1 banana, frozen
- 1 cup spinach, packed
- ½ cup pineapple chunks, frozen
- ½ cups mango chunks, frozen
- 1 tsp chia seeds

- ½ - 1 cup coconut water (depending on how thick you like it)
- 1 Tbs honey

Preparation

Combine all your ingredients in a blender and blend until smooth, using more or less coconut water to reach your desired consistency.



Gluten-Free | Zucchini Spice Bread

makes 1 loaf

Ingredients

- 2 cups gluten-free all-purpose flour
- ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1½ tsp ground cinnamon
- ½ tsp allspice
- ½ cup coconut palm sugar
- 2 large eggs
- ½ cup sunflower oil
- ½ cup siggi's Orange & Ginger Icelandic-style yogurt (skyr)
- 1 tsp vanilla extract
- 1 cup finely grated zucchini

Preparation

Preheat oven to 325°F. Butter and flour a 9x5 inch metal loaf pan. In a large bowl, whisk flour, baking powder, baking soda, salt, cinnamon, and allspice. In a separate bowl, mix together sugar, eggs, oil, siggi's yogurt, and vanilla extract.

Add the wet ingredients to the dry ingredients and stir until just incorporated. Fold in the grated zucchini then pour the batter into the prepared loaf pan. Bake for about 40 minutes, or until a toothpick or cake tester comes out clean when inserted in the center of the bread.

Cool on a wire rack for about 30 minutes before serving and enjoy!