

# skyr: a term you should know

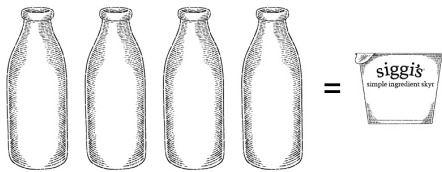
## skyr basics

Skyr (pronounced “skeer”) is a strained yogurt made from cow’s milk that has been a staple in the Icelandic diet for more than 1,000 years. Like milk, regular yogurt is mostly water. But with skyr, that water is strained away, creating a thick and creamy strained yogurt, particularly high in protein.

## making siggi’s

Iceland native Soggi Hilmarsson began making skyr in his own kitchen when he moved to New York City in 2005. siggi’s is now sold across the US and made by the same simple process and simple ingredients as in Soggi’s own kitchen.

## here’s how:



One serving of siggi’s skyr requires four times as much milk than regular yogurt. What remains is a protein-rich yogurt with 12 to 16 grams per single serve cup.

siggi’s plain variety is just strained yogurt. A lot of thought goes into the ingredients in siggi’s flavored varieties.

We never use artificial sweeteners, only natural flavors and real food ingredients like fruit and spices. Live cultures help create a smooth and tangy flavor



siggi’s is made with simple ingredients, not a lot of sugar. For example, siggi’s strawberry is made with pasteurized skim milk, strawberries, cane sugar, fruit pectin (from citrus fruits), and live active cultures—that’s it.

siggi’s skyr yogurts do not contain preservatives or artificial sweeteners or flavors.

## protein > sugar

siggi’s flavored skyr yogurts have 6 to 11 grams of sugar and 12 to 16 grams of protein per serving.