

# siggi's®

## simple swaps & substitutions

siggi's is made with simple ingredients and not a lot of sugar. Made with 4x more milk than your average yogurt, siggi's Icelandic-style strained yogurt is a great source of protein!

Delicious and creamy, siggi's makes for a versatile and healthy substitution in everyday recipes. Here are some of our favorite ways to swap and substitute siggi's.



1 Tbs sour cream = 1 Tbs siggi's	1 Tbs mayonnaise = 1 Tbs siggi's	1 cup oil = 3/4 cup siggi's
1 cup cream cheese = 1/2 cup siggi's + 1/2 cup cream cheese	1 cup buttermilk = 2/3 cup siggi's + 1/3 cup milk	1 cup butter = 1/2 cup siggi's + 1/2 cup butter

tip: when adding siggi's to a hot sauce or soup, fold in siggi's at the end of the cooking process

### why don't you try...



in your mashed  
sweet potatoes



in place of  
whipped cream



in your  
smoothie