

culinary inspirations

Simple ingredients call for simple recipes. 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 siggis.com.

breakfast on-the-go pumpkin & spice energy bites | serves 8

ingredients

- 1 cup Medjool Dates, chopped
- 1 cup pecans, chopped
- ½ cup oats
- 1 5.3oz container siggi's pumpkin & spice skyr
- 2 Tbsp chia seeds
- ⅛ tsp fine sea salt

preparation

Combine all ingredients in a food processor and blend until well combined. The mixture should be coarse, but moist throughout.

Once combined, form mixture into one-ounce balls. Chill in refrigerator for at least one hour and enjoy!



nutrition facts (per serving)

Calories 180, Protein 4g, Total Fat 11g, Saturated Fat 1g, Cholesterol 0mg, Sodium 40mg, Total Carbohydrates 19g, Sugars 12g

morning indulgence fluffy vanilla pancakes | serves 4

ingredients

- 4 eggs, separated
- 1⅓ cups 0% siggi's vanilla skyr
- 1½ Tbsp sugar
- ½ tsp vanilla extract
- ½ cup all-purpose flour
- ½ tsp salt

preparation

Whisk together the egg yolks, yogurt, sugar, and vanilla extract. Add in the flour and stir until just combined.

Whisk the egg whites with the salt in an electric mixer until they hold stiff peaks.

Whisk a quarter of the egg whites into the yogurt mix, then fold in the remaining egg whites, being careful to not overmix.

Heat a griddle over medium-low heat and brush it with some butter. Cook the pancakes in batches on the griddle in ¼ cup measures for 1-2 minutes on each side until golden.

Enjoy warm with maple syrup, fresh berries, and a dollop of siggi's!



nutrition facts (per serving)

Calories 200, Protein 16g, Total Fat 5g, Saturated Fat 1.5g, Cholesterol 190mg, Sodium 340mg, Total Carbohydrates 23g, Sugars 10g

post-workout fuel açai and mixed berry smoothie | serves 1

ingredients

- 1 container (5.3 oz) siggi's 0% mixed berries and açai skyr
- 1 frozen açai packet
- ½ cup blackberries
- ½ cup almond milk
- ¼ cup blueberries

preparation

Blend all ingredients until well combined and enjoy!

nutrition facts (per 1 cup serving)

Calories 270, Protein 18g, Total Fat 7g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 170mg, Total Carbohydrates 31g, Sugars 18g, Fiber 8g



gluten-free buffalo cauliflower tacos | serves 2

ingredients

- 4 cups cauliflower florets, cut into bite-sized pieces (about 1 medium head of cauliflower or 1, 12-oz bag)
- 2 Tbsp extra virgin olive oil
- ¼ cup buffalo sauce
- 6 small corn tortillas, warmed
- 1 avocado, thinly sliced
- 1½ cups shredded romaine lettuce (about 6 romaine leaves, thinly sliced)

siggi's buffalo yogurt sauce:

- ⅓ cup siggi's 0% plain skyr
- 1 Tbsp buffalo sauce
- 1 tsp lemon juice (1 wedge)
- 1 green onion, thinly sliced
- pinch sea salt

preparation

Preheat oven to 425°F.

Line a baking sheet with silicone baking mat (or foil or parchment paper coated with nonstick cooking spray).

In a large bowl, combine cauliflower with oil and buffalo sauce until florets are well coated. Spread cauliflower onto the prepared baking sheet and bake for 30 minutes, turning once halfway through.

While cauliflower is baking, prepare yogurt sauce by combining all ingredients in a small bowl. Refrigerate until ready to assemble tacos.

To assemble, top warm tortillas with roasted cauliflower, sliced avocado, shredded lettuce and siggi's buffalo yogurt sauce.



nutrition facts (per serving)

Calories 590, Protein 15g, Total Fat 31g, Saturated Fat 4.5g, Cholesterol 0mg, Sodium 650mg, Total Carbohydrates 70g, Sugars 20g, Fiber 16g