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 consistency. While there are various styles of strained yogurt, skyr is particularly high in protein.

making siggi's

Iceland native Siggi 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 Siggi'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 products do not contain any artificial preservatives, thickeners, sweeteners, flavors or colors. That means no aspartame, sucralose, gelatin, artificial colorings, preservatives or high fructose corn syrup.

siggi's flavored varieties have 6 to 11 grams of sugar and 12 to 16 grams of protein per serving. Unlike flavored varieties of most national strained yogurt brands, siggi's flavored varieties contain more protein than sugar per serving.