

# 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 Tbsp sour cream = 1 Tbsp siggi's	1 Tbsp mayonnaise = 1 Tbsp 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

# holiday subs and swaps

The holidays are a great time to connect with friends and family over a delicious meal, but often these dishes can be laden with fat. Yogurt is a great substitution for cream cheese, butter, heavy cream, and oil in traditional holiday recipes and it adds protein too! Check out our new spin on traditional recipes below and visit our website at [siggis.com](http://siggis.com) for more culinary inspirations.

## try yogurt instead of cream cheese



### PUMPKIN & SPICE PIE

#### Ingredients, serves 8

Crust	Filling
3/4 cup all-purpose flour	15 oz pure pumpkin puree
1/2 cup whole-wheat flour	1/4 cup heavy cream
2 Tbsp unsweetened cocoa powder	1 cup (5.3oz) pumpkin & spice yogurt
1 Tbsp sugar	2 large eggs
1/4 tsp kosher salt	1 tsp pure vanilla extract
8 Tbsp butter, chilled & cubed	1/2 cup cane sugar
5 Tbsp or more ice water	1 1/2 tsp cinnamon
	1/4 tsp kosher salt

#### Preparation

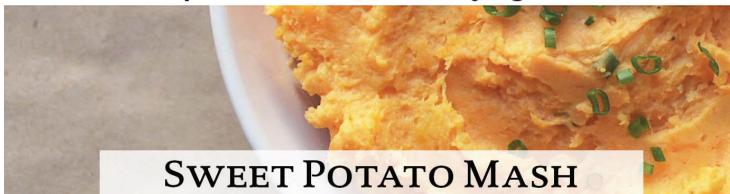
In a food processor, pulse flours, cocoa, sugar and salt until combined. Add butter and pulse until small pea sized pieces remain. Add about 5 Tbsp water and pulse until dough just begins to come together, adding more water if needed. On a lightly floured surface, shape into a disc, cover with plastic wrap and refrigerate for about 1 hour. Let dough sit at room temperature for about 20 minutes then roll into a 12" circle. Transfer to a 9" pie pan; trim excess dough. Preheat the oven to 350°F.

Make the filling by combining all ingredients in a medium bowl. Pour into the prepared pie pan and bake for 45-55 minutes, rotating halfway through. Bake until set but the center is still a touch wobbly. Cool the pie and serve at room temperature with a dollop of siggi's!

#### Nutrition Facts (per 1 slice serving)

Calories 310, Protein 6g, Total Fat 16g, Saturated Fat 10g, Cholesterol 90g, Sodium 160mg, Total Carbohydrates 36g, Sugars 18g

## swap out butter with yogurt



### SWEET POTATO MASH

#### Ingredients, makes 4 cups

4-5 large sweet potatoes	1/4 cup 2% milk
2 Tbsp butter	1 cup (5.3oz) siggi's coconut yogurt
1 Tbsp chives, chopped	salt and pepper to taste

#### Preparation

Scrub the sweet potato and rinse with cold water. Peel with a vegetable peeler. Cut into cubes then boil in heavily salted water for 10-12 minutes or until soft. Drain cooked sweet potatoes. Add butter, chives, milk, and coconut yogurt. Mash until well combined.

#### Nutrition Facts (per 1 cup serving)

Calories 180, Protein 5g, Total Fat 5g, Saturated Fat 3g, Cholesterol 10g, Sodium 220mg, Total Carbohydrates 28g, Sugars 2g

## add creaminess with filmjolk



### MAC & CHEESE

#### Ingredients, makes 4 cups

2 cups dried macaroni pasta	1/8 tsp cayenne pepper
1 Tbsp butter	7 oz shredded cheddar cheese
1 egg	salt & pepper to taste
1/4 cup Plain 0% Filmjolk	toasted bread crumbs, optional
1/4 cup milk (any type)	

#### Preparation

Bring a large pot of heavily salted water to a boil. Add macaroni until tender. About 7-10 minutes. After it's cooked, remove from heat and drain. Add butter and stir well to coat. In a separate bowl, whisk together the filmjolk, milk, cayenne pepper, and egg. The egg will cook from the residual heat. Slowly add the cheese and stir until melted. Serve with toasted bread crumbs.

#### Nutrition Facts (per 1 cup serving)

Calories 180, Protein 5g, Total Fat 5g, Saturated Fat 3g, Cholesterol 10g, Sodium 220mg, Total Carbohydrates 28g, Sugars 2g

## reduce oil and add moisture with yogurt



### CRANBERRY & ORANGE QUICKBREAD

#### Ingredients, makes 10 servings

1 1/2 cups all-purpose flour	2 large eggs
1/2 cup whole-wheat flour	1/2 cup canola oil
2/3 cup sugar	1/2 cup siggi's plain yogurt
1 1/2 tsp baking powder	1/2 cup freshly squeezed orange juice
1/2 tsp baking soda	
1/2 salt	1 1/2 cups cranberries, halved
1 tsp orange zest, packed	

#### Preparation

Preheat oven to 350°F. Butter and flour a loaf pan. In a large bowl, whisk flours, sugar, baking powder, baking soda, salt, and orange zest. In a separate bowl, whisk together eggs, oil, yogurt, and juice. Add the wet ingredients to the dry ingredients and stir until combined. Fold in the cranberries.

Pour batter into the loaf pan and bake for 45-55 minutes or until a cake tester comes out clean. Cool for 30 minutes before removing from pan.

#### Nutrition Facts (per 1 slice serving)

Calories 280, Protein 5g, Total Fat 12g, Saturated Fat 1g, Cholesterol 40g, Sodium 140mg, Total Carbohydrates 36g, Sugars 16g

**siggi's**