

holiday substitutions and swaps

The holidays are a great time to connect with friends and family over a delicious meal, but often these dishes can be very rich and filled with sugar. Skyr is a great substitution for cream cheese, butter, heavy cream, and oil in traditional holiday recipes and it adds protein too! Check out our spin on traditional recipes below and visit our [website](#) for more culinary inspirations and recipes.

try skyr instead of cream cheese pumpkin and spice pie | serves 8

ingredients

crust

¾ cup all-purpose flour
½ cup whole-wheat flour
2 Tbsp unsweetened cocoa powder
1 Tbsp sugar
½ tsp kosher salt
⅓ tsp cumin
8 Tbsp butter, chilled & cubed
5 Tbsp or more ice water

filling

15 oz. pure pumpkin purée
¼ cup heavy cream
1 container (5.3oz) siggi's 2%
pumpkin & spice skyr
2 large eggs
1 tsp pure vanilla extract
½ cup cane sugar
1½ tsp cinnamon
¼ 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 still a touch wobbly in the center. Cool the pie and serve at room temperature with a dollop of siggi's!

nutrition facts (per 1 slice serving)

Calories 308, Protein 5.875g, Total Fat 16g, Saturated Fat 10g, Cholesterol 90mg, Sodium 156.25mg, Total Carbohydrates 35.5g, Sugars 17.6g



add creaminess with drinkable yogurt mac & cheese | serves 4

ingredients

2 cups dried macaroni pasta
1 Tbsp butter
1 egg
¼ cup siggi's 0% plain drinkable yogurt
¼ cup milk (any type)
⅛ tsp cayenne pepper
7 oz. shredded cheddar cheese
salt & pepper to taste
toasted bread crumbs, optional

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 filmjök, 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 400, Protein 18g, Total Fat 17g, Saturated Fat 9g, Cholesterol 90mg, Sodium 841mg, Total Carbohydrates 45g, Sugars 2g



swap out butter for skyr
sweet potato mash | *serves 6*

ingredients

4-5 large sweet potatoes
2 Tbsp butter
1 Tbsp chives, chopped
¼ cup 2% milk
1 container (5.3oz) siggi's
2% coconut skyr
salt & pepper to taste

preparation

Scrub the sweet potatoes 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 skyr. Mash until well combined.



nutrition facts (*per 1 cup serving*)

Calories 175, Protein 4.8g, Total Fat 4.8g, Saturated Fat 2.8g, Cholesterol 10mg, Sodium 215mg, Total Carbohydrates 27.3g, Sugars 1.5g

reduce oil & add moisture with skyr
cranberry & orange quick bread | *serves 10*

ingredients

1½ cups all-purpose flour
½ cup whole-wheat flour
⅔ cup sugar
1½ tsp baking powder
½ tsp baking soda
½ tsp salt
1 tsp orange zest, packed
2 large eggs
½ cup canola oil
½ cup siggi's 0% plain skyr
½ cup freshly squeezed orange juice
1½ cups cranberries, halved

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, skyr, 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 40mg, Sodium 140mg, Total Carbohydrates 36g, Sugars 16g
