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The Total Greek Yoghurt Cookbook: Over 120 Fresh and Healthy Ideas for Greek Yoghurt

Sophie Michell

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Total Greek Yoghurt is low in calories and high in flavour, and now you can explore new ways to incorporate it into your cooking. With over 120 recipes developed by top TV chef Sophie Michell, the Total Greek Yoghurt Cookbook shows how you can use it in everything from smoothies and sauces to curries and marinades, as well as for baking, desserts, snacks and dressings. In addition to chapters on Small Plates & Soups, Main Plates and Sweet Plates, Shakes & Smoothies, this easy-to-use recipe book includes amazingly simple mini 'Total ' recipes, showing you how to create truly tasty and healthy treats by adding just a few ingredients to your yoghurt. From Crispy Yoghurt Marinated Chicken with Red Cabbage Coleslaw to Honey, Cinnamon and Yoghurt Cheesecake, the beautifully photographed and delicious-tasting recipes reveal all the flavour and versatility of Total Greek Yoghurt.

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