



# Hack YOUR FAVORITE INDULGENT FOODS WITH



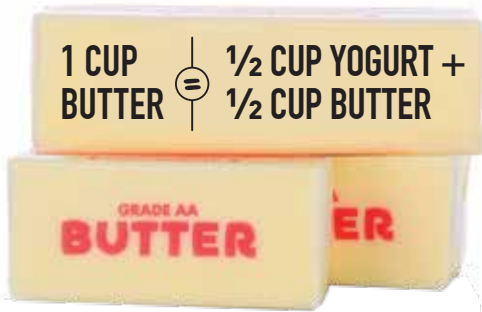
1 CUP MAYO  
= 1 CUP YOGURT



1 CUP OIL = 1/2 CUP OIL + 2/3 CUP YOGURT



1 CUP MILK  
= 1/4 CUP YOGURT + 3/4 CUP MILK



1 CUP BUTTER = 1/2 CUP YOGURT + 1/2 CUP BUTTER



1 CUP SOUR CREAM  
= 1 CUP YOGURT

1 CUP RICOTTA CHEESE

= 1/2 RICOTTA CHEESE + 1/2 CUP YOGURT



1 CUP CRÈME FRAÎCHE  
= 1 CUP YOGURT



1 CUP HEAVY CREAM  
= 1 CUP YOGURT

