



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

MOUTHWATERING (AND LOW-CALORIE!) GREEK YOGURT RECIPES



With so many ways to enjoy it, you can have Greek yogurt recipes for almost any meal or snack of the day.

And in case you don't know what all the hubbub over Greek yogurt is about, it has twice the protein of regular (non-strained) yogurt, it's creamy and delicious, and it comes in 0%, 2%, and full-fat varieties.

As a snack, it'll help you stay fuller longer, and if you have some at night, it can help with muscle recovery while you're resting.

01. Creamy Kale Dip

Serves 8

The recipe includes not only kale but a carrot, bell pepper, and garlic. That makes it highly nutritious, adding vitamins and protein to whatever snack you're having – from celery sticks to potato chips.

Nutrition Facts (Per Serving) 68 CALORIES | 4 g PROTEIN | 11 g CARBS | 1 g FAT

INGREDIENTS

- | | |
|--|--|
| ✓ 2 cups plain non-fat Greek yogurt | ✓ 1/4 cup bell pepper, finely chopped |
| ✓ 2 Tbsp. light mayonnaise | ✓ 1 clove garlic, minced |
| ✓ 1 Tbsp. pure honey | ✓ 3/4 tsp. salt |
| ✓ 1 1/2 cups kale, ribs removed and finely chopped | ✓ 1/4 tsp. freshly ground black pepper |
| ✓ 1/4 cup green onions, finely chopped | ✓ 1/4 tsp. onion powder |
| ✓ 1 large carrot, finely chopped | ✓ 1/4 tsp. garlic powder |
| | ✓ 1/4 tsp. paprika |

DIRECTIONS

Place all of the chopped vegetables in a food processor and pulse until they are minced. Add in the remaining ingredients and process until everything is combined. Stop once to scrape down the sides, then process one more time.

Pour the dip into a bowl, cover it, and refrigerate for at least 2-3 hours or even overnight to let the flavors combine together. If you are making the dip by hand be sure to finely chop all of the vegetables, then fold them into the rest of the combined ingredients.

02. Orange Pancakes with Roasted Strawberry Sauce

Serves 4

This summer, make the most of strawberry season by roasting them for this amazing sauce. It's a healthy replacement for dousing pancakes and waffles in maple syrup – although it's sweetened with the stuff so you don't have to totally miss out.

The fresh strawberry is great with orange, but it'll work with any flavor of Greek yogurt pancakes you cook up – like blueberry or banana.

Nutrition Facts (Per Serving) 375 CALORIES | 14 g PROTEIN | 71 g CARBS | 6 g FAT

INGREDIENTS

Pancakes:

- | | |
|----------------------------------|------------------------------|
| ✓ 2 cups white whole wheat flour | ✓ 3/4 cup plain Greek yogurt |
| ✓ 2 tsp. baking powder | ✓ 1/2 cup fresh orange juice |
| ✓ 1/2 tsp. baking soda | ✓ 2 Tbsp. grated orange zest |
| ✓ 1/2 tsp. salt | ✓ 1 large egg |
| ✓ 2 Tbsp. coconut sugar | ✓ 1 cup low-fat buttermilk |

Strawberry Sauce:

✓ 2 cups sliced fresh
strawberries

✓ 2 Tbsp. pure maple syrup
✓ 1/4 tsp. ground cinnamon

DIRECTIONS

In a large bowl, combine flour, baking powder, baking soda, salt, and sugar. Set aside. In a separate medium bowl, whisk yogurt, orange juice, zest, egg, and buttermilk until smooth. Fold dry ingredients into liquid until just combined. Set batter aside for a minute while you prepare the sauce.

Make the sauce: Lay strawberries in a single layer on a greased baking sheet. Drizzle evenly with syrup and sprinkle cinnamon on top. Roast strawberries at 400 degrees F 10-12 minutes or until berries are tender and have begun to release their juices. Let cool 5 minutes then transfer to food processor and pulse several times to make a smooth (or slightly chunky) sauce. Keep sauce warm while you make the pancakes.

Cook the pancakes: Heat a nonstick griddle over medium heat. Cook pancakes by 1/4 cupfuls in batches 1-1/2 to 2 minutes on each side until golden. Serve pancakes warm with warm roasted strawberry sauce.

03. Greek Yogurt Alfredo

Serves 4

Given up creamy alfredo sauce for your diet? Now you don't have to! When you make sauce with Greek yogurt, it's possible to significantly reduce the amount of fat – and therefore calories – without skipping alfredo altogether and topping your fettucine with marinara.

This version doesn't skimp on the Parmesan, and you can further adjust the recipes to fit your macros by adding extra cheese, using half-and-half instead of milk, or using a whole milk yogurt.

Nutrition Facts (Per Serving) 322 CALORIES | 15 g PROTEIN | 42 g CARBS | 11 g FAT

INGREDIENTS

- ✓ 2 Tbsp. butter
- ✓ 1 1/2 tsp. garlic powder
- ✓ 1/2 cup milk (or water)
- ✓ 3/4 cup plain non-fat Greek yogurt
- ✓ 1/2 cup (2 oz.) shredded Parmesan cheese
- ✓ Salt and freshly ground black pepper to taste
- ✓ 1 tsp. fresh parsley (or 1/2 tsp. dried parsley)
- ✓ 8 oz. whole-wheat pasta

DIRECTIONS

In a medium sauce pan, melt butter over medium heat. Stir in garlic powder. Stir in milk (or water). Remove from heat and allow to cool for 2-3 minutes. Gradually whisk in greek yogurt.

Add parmesan cheese to sauce and stir until melted. (If the cheese doesn't melt completely because the sauce is too cool, return to stove on low for a couple of minutes.) Add salt and pepper to taste and toss with your favorite cooked pasta noodles.

04. Pear Ginger Muffins

Serves 12

Home-baked muffins can be a wholesome breakfast, especially if you mix some yogurt into the batter. That will help to reduce the fat so you don't wind up with greasy baked goods that better resemble breakfast than a smart part of a balanced diet.

Then again, thanks to crystallized ginger and chunks of pear, these also taste decadent, but each muffin only contains 8 grams of sugar.

Nutrition Facts (Per Serving) 144 CALORIES | 4 g PROTEIN | 22 g CARBS | 5 g FAT

INGREDIENTS

- ✓ 1 large egg
- ✓ 2 Tbsp. granulated sugar
- ✓ 2 Tbsp. packed dark brown sugar
- ✓ 1/4 cup coconut oil, melted but cooled
- ✓ 3/4 cup non-fat plain Greek yogurt
- ✓ 1" ginger root, peeled
- ✓ 3/4 cup all-purpose flour
- ✓ 3/4 cup white whole wheat flour
- ✓ 1 tsp. ground ginger
- ✓ 3/4 tsp. baking powder
- ✓ 3/4 tsp. baking soda
- ✓ 1/4 tsp. ground nutmeg
- ✓ 1/4 tsp. salt
- ✓ 2 large firm pears (1 1/2 cups), peeled and diced
- ✓ 1/3 cup finely chopped crystallized ginger

DIRECTIONS

Place rack in the upper third of your oven and preheat to 400 degrees F. Lightly grease 12 standard muffin cups or line with paper cups.

In a large bowl, whisk together the egg, granulated sugar and brown sugar. Once combined, stir in the melted, cooled coconut oil, then the Greek yogurt. Grate the ginger directly into the bowl along with any juices and stir again to combine. In a separate medium bowl, stir together the all-purpose flour, white whole wheat flour, ground ginger, baking powder, baking soda, nutmeg and salt. Add all at once to the wet ingredients, stirring by hand just until combined (do not over mix!). The batter will be very thick. Gently fold in the pears and crystallized ginger.

Scoop the batter into the prepared muffin cups. Place in oven, reduce heat immediately to 350 degrees F and bake for 23 to 27 minutes, until the tops are nicely golden and a toothpick inserted into the center of a muffin comes out clean. Set the pan on top of a cooling rack, then allow muffins to cool in the pan for 15 minutes. To

remove, run a butter knife around the edge of each muffin, then gently lift from the pan with a fork.

05. Fruit Salad with Cinnamon Greek Yogurt Dressing

Serves 6

If you love apples, pears, and grapes, you can simply make this fruit salad recipe as is.

But if you prefer other fruits – or want something seasonal outside of autumn – then slice and dice any combination of fresh produce, and drizzle this Greek yogurt dressing over top. It's a versatile blend of flavors: lemon zest, maple syrup, vanilla, cinnamon, and nutmeg.

Nutrition Facts (Per Serving) 171 CALORIES | 3 g PROTEIN | 27 g CARBS | 7 g FAT

INGREDIENTS

- | | |
|--------------------------------------|---------------------------------------|
| ✓ 2 medium Bartlett pears, diced | ✓ 2 Tbsp. pure maple syrup (or honey) |
| ✓ 2 medium crisp apples, diced | ✓ 1/2 tsp. pure vanilla extract |
| ✓ 1 cup red grapes, halved | ✓ 1/2 tsp. cinnamon |
| ✓ 1/3 cup plain non-fat Greek yogurt | ✓ 1/4 tsp. freshly ground nutmeg |
| ✓ Zest and 1 medium lemon | ✓ 1/3 cup pecans, chopped |
| ✓ 1 Tbsp. fresh lemon juice | |

DIRECTIONS

Place pears, apples, and grapes in a large bowl. Toss gently to combine. Set aside.

To a small bowl, add the yogurt, lemon zest, lemon juice, maple syrup, vanilla, cinnamon, and nutmeg. Use a wire whisk to blend well.

Drizzle dressing over the fruit. Toss gently until fruit is coated. Scoop into bowls and sprinkle with pecans. Serve immediately.

06. Creamy Maple Dijon Dressing

Serves 8

Maple syrup doesn't necessarily need to make a sweet salad dressing. In this recipe, maple is matched with mustard for an incredibly easy and awesomely delicious Greek yogurt dressing.

Aside from the star ingredients, it's a quick vinaigrette. Because of the sweet and tangy notes, this dressing is great with a slightly bitter salad green like kale or arugula.

Nutrition Facts (Per Serving) 53 CALORIES | 1 g PROTEIN | 5 g CARBS | 4 g FAT

INGREDIENTS

- | | |
|---|---|
| ✓ 1/4 cup plain non-fat Greek yogurt | ✓ 2 Tbsp. pure maple syrup |
| ✓ 1/4 cup Dijon mustard | ✓ 2 Tbsp. extra-virgin olive oil |
| ✓ 1 Tbsp. apple cider vinegar
(or champagne vinegar) | ✓ Salt and freshly ground black pepper to taste |

DIRECTIONS

Place all ingredients in a bowl and whisk together, or in a bottle or jar with a lid and shake vigorously until thoroughly combined.

07. Chicken Salad Lettuce Wraps

Serves 8

Chicken salad is a great way to make a lot of servings at once. That makes it a great option whether you need to feed a lot of people at once, or to feed yourself for lunch throughout the week.

But since the chicken breast, fruit, and veggies are coated in mayonnaise, it may not fit very well into your macros. Instead, make Greek yogurt chicken salad – a delicious and healthy choice for lettuce wraps, sandwiches, or to eat by the spoonful.

Nutrition Facts (Per Serving) 160 CALORIES | 20 g PROTEIN | 6 g CARBS | 6 g FAT

INGREDIENTS

- | | |
|---------------------------------|---------------------------------|
| ✓ 1 lb. chicken breast | ✓ 1/4 cup chopped almonds |
| ✓ 1 tsp. extra-virgin olive oil | (optional) |
| ✓ 1/2 tsp. garlic powder | ✓ 1/3 cup plain non-fat Greek |
| ✓ 1/4 cup diced celery | yogurt |
| ✓ 1/2 cup diced red onion | ✓ 2 Tbsp. mayonnaise |
| ✓ 1/2 cup grapes, halved | ✓ 1 tsp. lemon juice |
| ✓ 1/2 cup diced apple | ✓ 1 head butter lettuce |
| ✓ 1/4 cup dried cranberries | ✓ Salt and freshly ground black |
| | pepper to taste |

DIRECTIONS

Add a little olive oil to a saute pan over medium high heat. Chop the chicken and season with salt, pepper, and a tiny bit of garlic powder. Saute for just a few minutes, until cooked through.

In a large bowl toss together the chicken, celery, onion, grapes, apple, cranberries and almonds.

In a small bowl combine the Greek yogurt, mayo, and lemon juice and stir well to combine. Add sauce to the large bowl with the chicken mixture and toss to evenly coat. Season with salt and pepper, to taste, if needed.

Wash lettuce and separate into leaves, patting them each dry with a paper towel. Add a large spoonful of the chicken mixture to each lettuce wrap.

08. Skinny Chocolate Cake

Serves 8

Greek yogurt chocolate cake is still rich and moist, and because it has two kinds of chocolate, it's still full of flavor. Instead of frosting, this version is topped with mini chocolate chips and dusted with powdered sugar. But if you miss the frosting, slowly add water to chocolate protein powder until it reaches the desired consistency.

Nutrition Facts (Per Serving) 174 CALORIES | 4 g PROTEIN | 33 g CARBS | 3 g FAT

INGREDIENTS

- | | |
|---------------------------------------|-------------------------------|
| ✓ 1/2 cup all-purpose flour | ✓ 1/2 cup plain Greek yogurt |
| ✓ 1/3 cup light brown sugar | ✓ 1 large egg |
| ✓ 1/2 cup sugar | ✓ 2 Tbsp. milk |
| ✓ 1/4 tsp. salt | ✓ 1 tsp. pure vanilla extract |
| ✓ 1/4 tsp. baking soda | ✓ 1/4 cup mini semisweet |
| ✓ 1/2 cup unsweetened baking
cocoa | chocolate chips |

DIRECTIONS

Preheat oven to 350 degrees F. Spray an 8x8inch baking dish with non-stick cooking spray.

In a large bowl, whisk together flour, sugars, salt, baking soda, and cocoa.

In a small bowl, whisk together yogurt, egg, milk, and vanilla until smooth. Add wet ingredients to dry ingredients and stir until just combined. Fold in mini chocolate chips.

Spread batter into prepared baking dish and bake for 20 - 25 minutes, or until a toothpick inserted in the center comes out clean or with a few moist crumbs. This cake is very moist and fudgy - do not overbake. It will set as it cools. Allow to cool before cutting into pieces.

09. Matcha Greek Yogurt Smoothie

Serves 1

This green tea smoothie is made from just a few ingredients: coconut water, Greek yogurt, your sweetener of choice, and matcha powder. While the matcha gives this green smoothie its bright color, it also lends a healthy dose of antioxidants. On top of that, the amino acid L-Theanine boosts energy, lifts mood, and induces relaxation all at once.

Nutrition Facts (Per Serving) 99 CALORIES | 6 g PROTEIN | 15 g CARBS | 2 g FAT

INGREDIENTS

- | | |
|-------------------------------|--------------------------------|
| ✓ 1 tsp. matcha | ✓ 1 tsp. brown sugar (or other |
| ✓ 1/2 cup non-fat plain Greek | sweetener) |
| yogurt | ✓ 3/4 cup coconut water |
| | ✓ 1 Tbsp. fresh coconut |

DIRECTIONS

Take 1/2 cup of coconut water and add in matcha tea powder. Mix well without any lumps. Take a blender or food processor add in rest of the ingredients and Matcha water and run it till smooth. Serve it with young coconut garnishing.

10. Beet Tzatziki with Garlicky Almond Crackers

Serves 4

Greek tzatziki is traditionally made with cucumbers, but in this recipe they've been replaced with beets, which lend this dip an earthy sweetness.

Even if you've never liked beets served plain, this is a must-try because the flavor is transformed by the creaminess of the yogurt. The tzatziki is great with pita chips, but it's even better with almond crackers. They're easy to bake in your home oven.

Nutrition Facts (Per Serving) 330 CALORIES | 20 g PROTEIN | 24 g CARBS | 18 g FAT

Ingredients

Beet Tzatziki:

- ✓ 1 lb. (about 3 medium) beets,
scrubbed clean
- ✓ 1 clove garlic, minced
- ✓ 1 Tbsp. fresh lemon juice
- ✓ 1/2 tsp. lemon zest
- ✓ 1/4 cup fresh dill, minced
- ✓ 2 cups plain 2% Greek yogurt
(or goat yogurt)
- ✓ 1/2 tsp. fine sea salt

Crackers:

- ✓ 1 cup blanched almond flour
- ✓ 1/2 Tbsp. extra-virgin olive oil
- ✓ 2 Tbsp. cold water
- ✓ 2 cloves garlic, minced
- ✓ 1/8 tsp. cayenne pepper
- ✓ 1/2 tsp. fine sea salt

DIRECTIONS

Crackers

Preheat the oven to 350 degrees F. Place all of the ingredients for the crackers in a food processor and process until a “lumpy” dough is formed.

Remove the dough and form it into a ball with your hands. Place the ball of dough in between two sheets of parchment paper and use a rolling pin or a bottle of wine to roll the dough out into 1/8 inch thickness. Use a sharp knife or a pizza cutter to cut uniform square crackers. Take the extra scraps and re-roll them into more crackers.

Carefully place the bottom layer of the parchment paper (holding the crackers) on a cookie sheet. Bake in the oven for about 15 minutes rotating the pan once. The crackers should be golden brown on both sides. If some crackers are smaller they will bake faster so remove them sooner.

Beet Tzatziki

Cut beets in half and place in a pot of boiling water. Boil until fork tender. About 15-20 minutes. Drain and when cool enough to handle grate the beets on the large holes of a grater or use the grater attachment on your food processor.

Combine the grated beets with the yogurt, garlic, dill, lemon juice and salt. Stir and let chill in the fridge until ready to serve.

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