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Cassie Johnston

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Cassie Johnston : Cooking with Greek Yogurt: Healthy Recipes for Buffalo Blue Cheese Chicken, Greek Yogurt Pancakes, Mint Julep Smoothies, and More before purchasing it in order to gage whether or not it would be worth my time, and all praised Cooking with Greek Yogurt: Healthy Recipes for Buffalo Blue Cheese Chicken, Greek Yogurt Pancakes, Mint Julep Smoothies, and More:

1 of 1 people found the following review helpful. So Much Yum.By Amanda M. ChristiansenI love this cookbook! I've been following Cassie's blog Back to Her Roots for years now, and I was super excited when this came out as I know how amazing her recipes are! The recipes in this book are easy to follow, without super fancy or expensive ingredients, and I love that the calorie counts are listed as well. There are so many things I haven't made yet, but the ones I have are yummy (Penne Rosa with Shrimp Pepperoni Pizza Mac Cheese are my faves!!)! I especially appreciated the substitutions page, which lists all of the ways you can substitute Greek yogurt for oil, butter, etc. All in all, worth every single penny and a keeper for my kitchen! Click add to cart and do yourself a favor! :-)
AmandaSalem, MA0 of 0 people found the following review helpful. Nice CookbookBy Christine L. WodkeIn this cookbook you have lots of recipes you will want to make over and over again. All of the recipes use Greek Yogurt which makes

these healthy recipes. I also loved the advise of how to turn ordinary yogurt into Greek yogurt. Lots of good pictures. Chris Wodke Author: Running for My Life- Winning for CMT0 of 0 people found the following review helpful. ... first checked this book out of the library and liked it so well I decided to buy it By Damian on Whidbey I first checked this book out of the library and liked it so well I decided to buy it. Am just learning about using Greek yogurt but this book is very helpful, very interesting and has some great recipes as well.

Greek yogurt really shows its versatility in cooking, as it won't curdle like traditional yogurt. In this handy cookbook, learn how to make healthier comfort foods, such as Macaroni and Cheese, Seafood Chowder, and Greek Yogurt Chocolate Mousse. Americans bought 50 percent more Greek yogurt in 2012 than they did in 2011, to the tune of \$1.6 million. A staple of the Mediterranean kitchen, rich and creamy strained yogurt has taken over supermarket shelves here. Greek yogurt is calcium-rich, full of healthy probiotics, and arguably healthier than traditional yogurt, boasting double the protein, half the carbohydrates, less lactose, and less salt. Great on its own, Greek yogurt really shows its versatility in cooking, as it won't curdle like traditional yogurt. In this handy cookbook, learn how to make healthier comfort foods, such as Macaroni and Cheese, Seafood Chowder, and Greek Yogurt Chocolate Mousse. Here, too, are tips and advice on substituting Greek yogurt for sour cream, mayonnaise, or cream cheese in favorite family dishes, as well as ways to make these recipes your own.

About the Author Cassie Johnston is a freelance graphic designer, writer, and blogger. Her blog, backtoherroots.com, encourages readers to make healthier choices about food, activities, and life by living more simply. She and her husband farm nine acres in southern Indiana. Johnston is also the author of *Cooking with Greek Yogurt*.