

siggi's skyr

simple swaps & substitutions

siggi's skyr is made simply with a few ingredients and more protein than sugar. Made with 4x the milk as your average yogurt, siggi's Icelandic strained skyr is a great source of protein!

Delicious and creamy, siggi's skyr makes for a versatile and nutritious substitution in everyday recipes. Here are some of our favorite ways to swap and substitute with siggi's skyr.



<p>1 Tbsp sour cream = 1 Tbsp siggi's skyr</p>	<p>1 Tbsp mayonnaise = 1 Tbsp siggi's skyr</p>	<p>1 cup oil = 3/4 cup siggi's skyr</p>
<p>1 cup cream cheese = 1/2 cup siggi's skyr + 1/2 cup cream cheese</p>	<p>1 cup buttermilk = 2/3 cup siggi's skyr + 1/3 cup milk</p>	<p>1 cup butter = 1/2 cup siggi's skyr + 1/2 cup butter</p>

tip: when adding yogurt to a hot soup or sauce, fold in yogurt at the end of the cooking process

why don't you try...



in your mashed
sweet potatoes



in place of
whipped cream



in your
smoothie