A Healthier Alternative: the Goodness and Benefits of Yogurt by Joseph Carr

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Yogurt, also spelled as â€œyoghurt,â€• is a favorite food made through the bacterial fermentation of milk. I is thick and custard-like, and is used as a dessert or a sauce. To make yogurt more delicious, it is served with chocolates, fruits, or syrups.. Yogurt can also be used in cooking with cheese or sour cream sauce to complement several dishes.

Yogurts are processed by culturing cream or milk with live bacteria. This is done by adding bacteria directly to the milk. Commercial yogurts are produced from a culture of Lactobacillus acidophilus or Streptococcus thermophilis. The former bacterium is a pro biotic agent that allows enhance the immune system of a person, enhance gastrointestinal function, and ease indigestion. Alternatively, homemade yogurt is combined with commercially made yogurt and put into boiled milk.

Aside from being a gastronomic delight, yogurt also has health advantages. It is an outstanding source of riboflavin, protein, calcium, and Vitamin B12. Actually, it is said that yogurt consists of more protein and calcium contrary to milk. Those affected by osteoporosis can improve their bones by having a good serving of yogurt everyday.

Yogurts consumed as desserts come in three types: low-fat, regular, skimmed. Skimmed and low-fat yogurts are great for people who are in a low-cholesterol diet. These kinds of yogurts do not raise blood cholesterol problems. In addition, people affected by lactose intolerance can reap the benefits of yogurt products as these aid their digestive system in extracting lactose in their body. This makes yogurt a healthier alternative source of calcium for individuals who cannot take dairy food.

There is a wide variety of yogurt flavors that individuals can decide on. However flavors that really stand out are fruit-based, like banana, peach and blueberry, and strawberry. Yogurt franchise stores sell these treats in ordinary and fruit-based flavors. People can also opt to have sundae-styled yogurts or French-style blends where fruits and other flavorings and blended.

With its health advantages, one can picture what a frozen yogurt franchise may do for customers. It can entice customers to nibble on healthier alternatives to ice cream but with the same sweet taste. Yogurt may also be a refreshing ingredient to a smoothie, which is another prospective business venture.

Frozen yogurt franchises are also great for people who are venturing to business for the first time. Yogurt franchises have minimal start-up costs, which can be lower than $200,000. This means people don't have to borrow a huge amount of cash. For more information on putting up a start-up business of yogurt carts, search for articles on ehow.com.

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