Presenting Healthy Food Options to Customers: Setting Up a Yogurt Store by Joseph Carr

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Yogurt, a well-liked custard-like food served as snack, dessert, or sauce, is made through the fermentation of milk. In most cases, yogurt is topped with fruits, chocolates, or syrups. Yogurt can also be utilized in cooking with sour cream or cheese sauce to enhance different food.

Yogurts are processed by culturing cream or milk with live bacteria. This is done by adding bacteria directly to the milk. Commercial yogurts are made out of a culture of Lactobacillus acidophilus or Streptococcus thermophilis. The former bacterium is a pro biotic agent that helps boost a personâ€™s immune system, increase gastrointestinal function, and alleviate indigestion. However, homemade yogurt is mixed with commercially made yogurt and put into boiled milk.

Aside from being a gastronomic delight, yogurt also has health advantages. It is a great source of protein, calcium, riboflavin, and Vitamin B12. Actually, it is stated that yogurt contains more protein and calcium than milk. Those experiencing osteoporosis can improve their bones by having a good serving of yogurt everyday.

Yogurts consumed as desserts can be found in three kinds: regular, skimmed, and low-fat. Skimmed and low-fat yogurts are good for people who are in a low-cholesterol diet. These types of yogurts do not raise blood cholesterol problems. Also, people who are lactose-intolerant can reap the benefits of yogurt products as these aid their digestive system in extracting lactose in their body. This makes yogurt a nutritious alternative calcium source for those who cannot take milk products.

There is a myriad of yogurt flavors that individuals can decide on. However flavors that really get noticed are fruit-based, like banana, peach and blueberry, and strawberry. Yogurt franchise stores offer these delights in fruit-based and ordinary flavors. People can also choose to have sundae-styled yogurts or French-style blends where fruits and other flavorings and combined.

With its health advantages, one can just think about what a frozen yogurt franchise could do for customers. It can lure customers to nibble on healthier options to usual frozen goodies like ice cream but with the same sweet taste. Yogurt can also be made into a smoothie, which is an additional potential business venture.

Frozen yogurt franchises are also suitable for individuals who are opening their first business. Yogurt franchises have small start-up costs, which can be less than $200,000. This implies people don't have to borrow a huge sum of money. To learn more about doing a start-up business of yogurt carts, research articles on ehow.com.

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