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Promoting the Goodness of Yogurt: Opening a Yogurt Store Franchise by [Joseph Carr](#)

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Yogurt, a popular 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 used in cooking with cheese or sour cream sauce to complement various meals.

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 thermophilus*. The former bacterium is a probiotic agent that helps enhance a person's immune system, strengthen gastrointestinal function, and ease 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 good source of protein, calcium, riboflavin, and Vitamin B12. In fact, it is said that yogurt contains more calcium and protein than milk. Those suffering from osteoporosis can reinforce their bones by having a good serving of yogurt on a daily basis.

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

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

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

Frozen yogurt franchises are also ideal for people who are venturing to business for the first time. Yogurt franchises have low start-up costs, which can be under \$200,000. This implies people don't have to borrow a huge sum of money. For more resources on doing a start-up business of yogurt carts, search for articles on [ehow.com](#).

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[Joseph Carr](#) - About Author:

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