Providing Healthy Food Options to Customers: Putting Up a Yogurt Store by Joseph Carr

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Yogurt, a popular custard-like food eaten as sauce, snack, or dessert, is made through the fermentation of milk. In most cases, yogurt is topped with chocolates, fruits, or syrups. Yogurt can also be utilized in cooking with cheese or sour cream sauce to complement various dishes.

By culturing cream or milk with live bacteria, yogurts are processed. This is done by adding bacteria directly to the milk. Commercial yogurts are manufactured from a culture of Lactobacillus acidophilus or Streptococcus thermophilis. The former bacterium is a pro biotic agent that helps increase the immune system of a person, boost gastrointestinal function, and alleviate indigestion. Alternatively, homemade yogurt is blended with commercially made yogurt and put into boiled milk.

Apart from being a gastronomic delight, yogurt also has health benefits. It is an outstanding source of riboflavin, protein, calcium, and Vitamin B12. In fact, it is stated that yogurt has more calcium and protein contrary to milk. Those affected by osteoporosis can improve their bones with a good serving of yogurt everyday.

Yogurts taken as desserts are available in three kinds: low-fat, regular, skimmed. 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 have lactose intolerance can benefit from yogurt products as these aid their digestive system in breaking down lactose in their body. This makes yogurt a healthy alternative source of calcium for individuals who cannot endure milk products.

There is a plethora of yogurt flavors that individuals can select from. But flavors that truly stick out are fruit-based, such as banana, peach and blueberry, and strawberry. Yogurt franchise stores offer these treats in fruit-based and ordinary flavors. People can also decide to have their your yogurts served sundae-styled or French-style blends where fruits and other flavorings and combined.

With its benefits, one can think of what a frozen yogurt franchise may do for customers. It can encourage customers to consume healthier options to typical frozen goodies such as ice cream though with the same sweet taste. Yogurt can also be a refreshing ingredient to a smoothie, which is another prospective business venture.

Frozen yogurt franchises are also suited to persons who are opening their first business. Yogurt franchises have small start-up costs, which can be less than $200,000. This implies people would not need to borrow a huge amount of cash. For more resources on putting up a start-up business of yogurt carts, research articles on ehow.com.

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