

Greek Yogurt Substitution Guide

- 1 cup butter =
 - 1/2 cup greek yogurt + 1/2 cup butter
- 1 cup oil =
 - 3/4 cup greek yogurt
- 1 cup sour cream =
 - 1 cup greek yogurt
- 1 cup mayonnaise =
 - 1 cup greek yogurt
- 1 cup cream cheese =
 - 1 cup greek yogurt
- 1 cup buttermilk =
 - 2/3 cup greek yogurt + 1/3 cup milk or buttermilk
- 1 cup heavy cream =
 - 1/2 cup greek yogurt + 1/2 cup heavy cream
- 1 cup milk =
 - 1/4 cup greek yogurt + 3/4 cup milk