

# CABOT GREEK-STYLE YOGURT SUBSTITUTION GUIDE

**1 CUP**  
sour cream *or*  
creme fraiche



**1 CUP**  
2% or 10% Plain Greek-Style Yogurt

**1 CUP**  
mayo



**1/3 CUP** + **2/3 CUP**  
mayo  
2% or 10% Plain Greek-Style Yogurt

**1 CUP**  
butter *or*  
margarine



**1/2 CUP** + **1/4 CUP**  
butter *or*  
margarine  
2% or 10% Plain Greek-Style Yogurt

**1 CUP**  
oil



**1/3 CUP** + **2/3 CUP**  
oil  
2% or 10% Plain Greek-Style Yogurt

**1 CUP**  
heavy cream



**1/2 CUP** + **1/2 CUP**  
heavy cream  
2% or 10% Plain Greek-Style Yogurt

**1 CUP**  
milk *or*  
half-and-half *or*  
light cream



**3/4 CUP** + **1/4 CUP**  
milk *or*  
half-and-half *or*  
light cream  
2% or 10% Plain Greek-Style Yogurt

**1 CUP**  
buttermilk



**1/3 CUP** + **2/3 CUP**  
milk  
2% or 10% Plain Greek-Style Yogurt

**8 OZ.**  
cream cheese *or*  
mascarpone



**4 OZ.** + **1/2 CUP**  
cream  
cheese *or*  
mascarpone  
2% or 10% Plain Greek-Style Yogurt

**1 CUP**  
ricotta cheese



**1/2 CUP** + **1/2 CUP**  
ricotta cheese  
2% or 10% Plain Greek-Style Yogurt



FOR RECIPES AND COOKING TIPS,  
VISIT [CABOTCHEESE.COOP/GREEK](http://CABOTCHEESE.COOP/GREEK)

