

6.5: Yogurt

Yogurt is a thick or semi-solid food made from pasteurized milk fermented by lactic bacteria. The milk coagulates when a sufficient quantity of lactic acid is produced. Yogurt is a rich, versatile food capable of enhancing the flavor and texture of many recipes. It is prepared sweetened or unsweetened, and is used in baking to make yogurt-flavored cream cakes, desserts, and frozen products.

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