



GREEK YOGURT MAKER

instruction manual & recipe guide



bydash.com



health fact!

Yogurt is a good source of protein! An average eight-ounce serving of live and active culture yogurt contains approximately 20% of the USDA recommended daily value for protein.



GREEK YOGURT MAKER

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IMPORTANT SAFETY GUIDELINES

Please Read and Save this Instruction and Care Manual

When using electrical appliances, basic safety precautions should be followed, especially the following:

- Remove all bags and packaging from the appliance before use.
- Do not put your hands or other objects into the yogurt maker while it is in operation. If food spills on the heating platform make sure the yogurt maker is turned off and cooled down before cleaning.
- Do not touch hot surfaces: use handles.
- Do not use the appliance if any of the parts are damaged.
- Do not use without lid or containers in place.
- Keep hands and utensils away from heating platform while making yogurt to reduce the risk of severe injury or damage to the yogurt maker.
- Do not place on or near a hot gas burner, hot electric burner, or in a heated oven.
- When cleaning the base, do not submerge in any liquid, instead use a soft damp cloth to wipe down.
- Be certain lid is securely in place before operating appliance.
- Appliance is not intended for children. Keep appliance away from children when in use.
- To minimize risk of food borne illness, do not consume yogurt that has been stored in the refrigerator for more than 10 days.
- Do not put the main base of the appliance in the refrigerator.
- Do not use expired yogurt, expired milk, flavored yogurt, yogurt with other ingredients in it, or liquid yogurt with this appliance.

INTENDED USE

- This appliance is intended only for yogurt production.
- This appliance is only intended for household use.
- Do not use appliance outdoors, or for commercial purposes.
- All other uses are deemed to be improper and can result in property damage or even in personal injury.
- StoreBound shall not accept liability for damages caused by improper use of the appliance.
- When using the appliance, check whether the voltage used is consistent with the nominal voltage of the appliance.

- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- Close supervision is necessary when any appliance is used by or near children.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner.
- The use of accessory attachments not recommended by the appliance manufacturer may result in fire, electric shock or injury to persons.



DASH GREEK YOGURT MAKER

Congratulations! We hope you're excited to start making delicious, unprocessed Greek Yogurt at home with your new Dash Greek Yogurt Maker.

BEFORE YOU START

Making yogurt at home can be a fun & rewarding activity. The first few times you use your Dash Greek Yogurt Maker, you may want to experiment with different types of milk, yogurt cultures, and cooking times to see how these factors change the flavor of the yogurt.

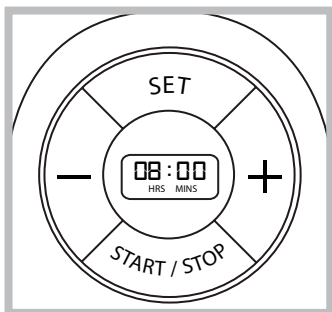
Your Dash Greek Yogurt Maker has been specially designed to be easy to use, easy to clean, and compact. For your convenience, all of the components can be stored right inside the Main Base.

If you don't get the results you want at first, check out page 24 for troubleshooting your yogurt. You can also call our Greek Yogurt hotline at 1-800-898-6970. We are here to help!





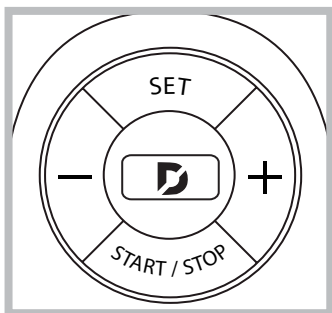
SETTING THE TIMER



How To Use The Digital LCD Timer

1. Getting Started

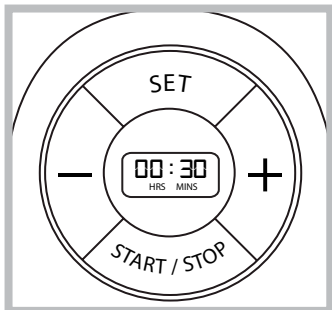
To begin using your Dash Greek Yogurt Maker, first plug the appliance into a power outlet and allow it to warm up for 5 minutes. Next, pour your prepared recipe ingredients into the Container as suggested in the Yogurt Recipe Table on page 20.



2. Standby Mode

After plugging-in your Dash Greek Yogurt Maker, the letter "D" will display on the LCD Timer for 3-seconds. At this point, your Dash Greek Yogurt Maker will display the default time setting of 08:00 (8 hours).

IMPORTANT: Most recipes in the Yogurt Recipe Table on page 20 require you to adjust the LCD Timer setting.



3. Adjusting the LCD Timer

Adjusting the LCD Timer is easy. If your yogurt recipe requires more (or less) time than the default setting of 08:00 (8 hours), you can simply adjust the time using the + or - button located on each side of the LCD Timer. Pressing the + button adds 30 minutes to the LCD Timer. Pressing the - button subtracts 30 minutes from the LCD Timer.


RESET NOTE: To quickly RESET the LCD Timer, press and hold the **START/STOP** button for 3-seconds and repeat the below 3 EASY STEPS.

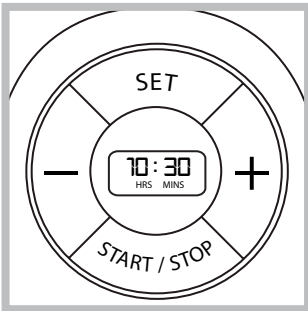
3 EASY STEPS TO ADJUST THE LCD TIMER

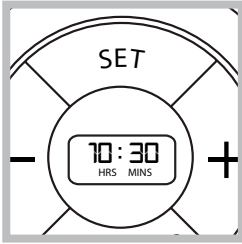
1. Press the **+** button to add 30 minutes to the LCD Timer.
2. Press the **-** button to subtract 30 minutes from the LCD Timer.
3. Press the **START/STOP** button to operate the appliance.

4. Starting the Greek Yogurt Maker

After you have set the LCD Timer based on the suggested cooking times in the Yogurt Recipe Table, press the **START/STOP** button to turn on the Dash Greek Yogurt Maker; this will begin the process of creating delicious yogurt.

Once you have launched the Dash Greek Yogurt Maker by pressing the **START/STOP** button, the LCD Timer will begin by displaying your total cooking time and countdown in one-minute increments until the process of making yogurt is completed. For example, if you set the LCD timer for 10 hours, 30 minutes (10:30), the display will count backwards from 10:30, to 10:29, to 10:28, etc. until the timer reaches 00:00. Then, the  logo will appear.



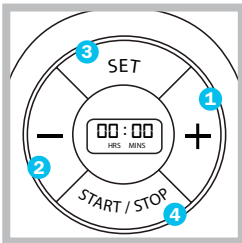


Using SET Function on the Control Panel

5. Creating a Custom Time (SET)

If you are creating multiple batches of a specific yogurt recipe using the same recipe time (e.g. 10 hours, 30 minutes), we recommend creating and saving a custom time using the **SET** function. After you have preset your custom time in hours and minutes outlined in Step 3, press the **SET** button above the LCD Timer. Pressing the **SET** button will save/store your custom time in the system's memory as long as the appliance is connected to a power source.

IMPORTANT: Please note that the SET button can only store one custom time in the LCD Timer memory. Once you unplug the appliance, the LCD Timer memory is cleared and will automatically reset to 8 hours (08:00).



6. Using SET to Recall a Custom Setting

To use your custom time setting, press the **SET** button to display the time you stored in the LCD Timer memory. Afterwards, press the **START/STOP** button to launch the timer and begin making yogurt.

7. Setting a New Custom Time (RESET)

To create a new custom time, or RESET the LCD Timer, press and hold the **START/STOP** button for 3 seconds and repeat Step 5 and Step 6.

4 EASY STEPS TO CREATE A CUSTOM TIME

1. Press the **+** button to add 30 minutes to the LCD Timer
2. Press the **-** button to subtract 30 minutes from the LCD Timer.
3. Press the **SET** button to store your custom time in the LCD Timer memory.
4. Press the **START/STOP** button to operate the appliance using your custom time setting.



health fact!

Yogurt is believed to be easier to digest than milk. Many people who cannot tolerate milk, either because of a protein allergy or lactose intolerance, are reported to enjoy yogurt.

BEFORE YOU START

Clean your Dash Greek Yogurt Maker and all its components prior to its first use!

- We strongly recommend washing the containers and container lid in the dishwasher prior to use.
- If you do not have a dishwasher, sterilize the container you are using to make yogurt with boiling water. Sterilized equipment will help ensure consistent results.
- Wash all the containers with mild soap and water. Rinse them well prior to using your Dash Greek Yogurt Maker, to make sure no soapy residue remains.
- Use a damp cloth to wipe down the Main Base of the Dash Greek Yogurt Maker.
- The nesting Containers and Container Lid may be cleaned in the dishwasher.
- Hand-wash the Greek Strainer with warm soapy water.
- Do not use abrasive scrubbers, sponges, or chemical cleaners as they may damage the finish of the yogurt maker.
- **DO NOT SUBMERGE** the Main Base in water.

MAINTENANCE

- Always make sure to sterilize the container you are using to make yogurt either in the dishwasher or with boiling water. Using sterile equipment is preferred when making yogurt.
- Before cleaning your Dash Greek Yogurt Maker, unplug the appliance and let it cool down completely.
- To avoid any lingering food odors, clean & dry the appliance immediately after using.
- When not in use, store your Dash Greek Yogurt Maker in a clean, dry cabinet or pantry.



HOW-TO

MAKE GREEK YOGURT

HOW TO MAKE YOGURT

What You Need to Know

You only need two ingredients to make yogurt at home: any type of Milk and Plain store-bought Yogurt (*with live active cultures*).



MILK

You can use any type of dairy or non-dairy milk to make yogurt.

DAIRY

- Whole Milk
- 2% Milk
- 1% Milk
- Skim Milk

NON-DAIRY

- Soy Milk
- Almond Milk*
- Coconut Milk*

YOGURT CULTURES

You don't need any special powders or starter cultures to make yogurt at home.

In fact, all you need to get started is a small amount of Plain, unflavored store-bought yogurt with live active cultures (often called probiotics). If you like the taste of a particular brand of yogurt, try using that yogurt as a starter.

For your next batch, you can use a bit of your last batch of yogurt as a starter. Powdered yogurt cultures can also be purchased in packets.

Non-dairy yogurt can be made using soy, almond and other types of milk. Soy yogurt can be made using a little plain store-bought soy yogurt as a starter. Making almond & coconut yogurt require a more lengthy process.

Making Greek Yogurt does not require using Greek Yogurt as the starter.

* Powdered non-dairy starter cultures may be needed to achieve fermentation. Additional ingredients may be needed to achieve desired consistency such as: Agar, Arrowroot powder, Tapioca starch, or gelatin.



Greek Yogurt is thicker because it has been strained. Traditionally, yogurt is strained using a cheesecloth.

ABOUT GREEK YOGURT

Greek Yogurt starts out the same as regular yogurt. Greek Yogurt is much thicker than regular yogurt because the extra liquid (whey) has been strained out.

The extra whey has additional protein and nutrients. It can be saved and used as an addition in breads, soups, smoothies and shakes.

Because Greek Yogurt has been strained, it is more condensed and has a higher protein content than regular yogurt. Greek Yogurt makes a perfect starter for making yogurt because it contains a higher concentration of probiotics (active cultures) than regular yogurt.

Many other countries have their own versions of strained yogurt. The French have a similarly strained dairy product called fromage blanc. Icelandic strained yogurt is called skyr.

YOGURT PREP

EQUIPMENT NEEDED

Saucepan with thick bottom or Double Boiler or Glass Bowl & Saucepan
Cooking Thermometer (with a range of at least 100° F – 185° F)
Whisk
Dash Greek Yogurt Maker

INGREDIENTS - MILK & STARTER YOGURT

5½ cups milk
½ cup Plain yogurt or 1 packet starter culture

EXPERIMENT WITH YOUR RECIPE

When you buy yogurt in the store, you have probably noticed that there are some brands that you prefer to others because they each taste different.

We encourage you to experiment with your yogurt – if you don't like your results the first time, don't give up! Try changing the yogurt that you are using for a starter, or the length of time on the Timer.

And if you get stuck, consult our website at bydash.com or call our Greek Yogurt Hotline at **1-800-898-6970**.



HOW TO MAKE YOGURT

1



1. TO START

Take the starter yogurt from the refrigerator so that it has time to get closer to room temperature while you heat the milk.

2



2. HEAT THE MILK

Heat the milk to 185° F. Do not boil. To achieve the best results, heat the milk in a double boiler or in a glass bowl on top of a saucepan of boiling water. You can also heat the milk in the microwave, stopping every minute to whisk.

Tip: Add ½ cup powdered milk prior to heating for a thicker result.

3



3. TEMPERATURE CHECK

Let the milk cool to about 100°–110°F before mixing in the yogurt or starter culture packet. Do not let it cool below 90° F before adding the starter. To cool faster, put into an ice bath.

HOW TO MAKE YOGURT CONTINUED



4. MIX IT UP

Use a whisk to mix $\frac{1}{2}$ cup plain store-bought yogurt or starter culture with the milk until the consistency is smooth with no lumps remaining.



5. SET THE TIMER

Pour the mixture into the container, put into the Dash Greek Yogurt Maker, and place Main Lid on top. Set the Digital LCD Timer to 6-12 hours or according to the **Yogurt Recipe Table** on **page 20** and press Start. For instructions on how to set the timer, see **page 8**.

The longer the time, the more tart the yogurt will taste. Cooking times can be adjusted to account for your tastes.



6. JUST CHILL

It's yogurt! When done, there may be some yellowish liquid, whey, on top of the yogurt. This is normal. Whey contains nutrients and protein. Whisk, cover and refrigerate for a few hours.

GOING 'GREEK'



7. STRAIN THE YOGURT

Place the Greek Strainer inside the Container so the strainer rests securely on the rim. Pour the yogurt into the strainer.

Cover and refrigerate for 1-3 hours depending on how thick you like your yogurt. The longer the yogurt strains the thicker it will become. You can strain it for less time if you prefer a thinner consistency to your Greek Yogurt.



8. ENJOY YOUR YOGURT

Op! Time to indulge with some fresh, delicious, homemade Greek Yogurt. If you want flavored yogurt, you can add flavorings right away or just before serving. See our **Recipe** section on **page 25** for some great ideas.



9. STORAGE & SHELF LIFE

The yogurt is unprocessed - without additives or preservatives. It will keep 8-10 days covered in the refrigerator. When in doubt, you can use the expiration date on your milk as a guideline.

Unlike many store-bought yogurts, the yogurt that you make is preservative-free so it will not have an extended shelf life.

YOGURT RECIPE TABLE

MILK	STARTER	SET TIME	STRAIN
Whole Milk	½ cup plain yogurt	6 - 9 hrs	1 hour
2% Milk	½ cup plain yogurt	6 - 9 hrs	1 hour
1% Milk	½ cup plain yogurt	6 - 9 hrs	1 hour
Skim Milk	½ cup plain yogurt	8 - 10 hrs	1 - 2 hours
Skim Plus®	½ cup plain yogurt	6 - 10 hrs	1 - 2 hours
Soy Milk	½ cup soy yogurt	8 - 11 hrs	2 hours

TIPS & TRICKS

- There are many ways to get the consistency of yogurt that you like. Heating milk to 185° F alters the milk proteins in such a way that they can hold more whey, causing the yogurt to be thicker. Mixing in about 1 cup of powdered milk will also make a yogurt with a thicker consistency.
- Achieving a thick consistency with Almond milk may be difficult without adding any additional ingredients. Check our website & blog at bydash.com for more information about making Greek Yogurt with non-dairy milks.
- For the freshest taste add any fruit, jam, sweetener, or flavoring right before serving.
- To get the maximum yield, make the yogurt in the Large Container and strain in batches.



health fact!

Traditionally, Greek Yogurt may be made from either sheep milk or cow milk, though cow milk is most commonly found in brands sold in the United States.

TROUBLESHOOTING YOUR YOGURT

There are many things that can affect your success in making yogurt at home. Here are some common pitfalls and things to watch out for.

There Is Liquid Collecting On The Surface Of The Yogurt

- A little whey is normal, mix it into the yogurt or pour it off.
- The milk may have been overheated (*scalded or boiled*) causing it to separate.
- The yogurt may have been mixed while it was inside the Yogurt Maker. For best results, do not stir or “prod” the yogurt while the probiotics are doing their work.
- The room was very hot when the yogurt was being made. If the Yogurt Maker is in the kitchen, try to operate the Yogurt Maker away from hot stoves or other heat generating appliances.
- The milk was over 110°F when the starter culture was mixed in.

The Yogurt Is Not The Correct Consistency

- If the yogurt is grainy in texture the milk was most likely over heated. Boiling the milk or putting it over direct heat “cooks” the milk proteins and may cause the yogurt to become grainy or curdled.
- The yogurt or starter culture may have been added before the milk was cooled to 100°–110° F, thus killing the live and active cultures.
- The milk may not have been heated to 185° F.
- The Dash Greek Yogurt Maker may not have been turned on or set for the correct amount of time. Try adding more time to the Dash Greek Yogurt Maker.
- The starter yogurt may not have been fresh enough for the live and active cultures to turn the milk into yogurt.
- The starter yogurt needs to be room temperature before mixing it with the milk.

The Yogurt Has A Bad Taste

- Flavored yogurt may have been used as a starter instead of plain yogurt. Do not use yogurt that has fruit or flavorings mixed into the yogurt, or fruit on the bottom. Vanilla flavored yogurt will not work as a starter culture. Use only Plain yogurt as a starter culture.
- The yogurt starter or culture may be expired. Using fresh, unopened yogurt as starter culture is helpful in ensuring consistent results.
- The milk may be expired. Using fresh milk will produce better flavored yogurt.
- The yogurt may have been left in the Dash Greek Yogurt Maker too long. The longer the yogurt is heated in the Yogurt Maker, the more pronounced the “tart” flavor will be. If you like a mild-tasting yogurt, use the minimum timer settings recommended.

After Straining, The Yogurt Does Not Have the Desired Texture

- If it is too thick you might have strained it for too long. You can mix a few tablespoons of the whey back into the yogurt to thin it out.
- If the Greek Yogurt is too thin, strain it for a longer amount of time.
- If the strained yogurt is lumpy, try mixing it well with a spoon. This could be because the milk was overheated (past 185° F) and is separating into lumps.
- If you cannot achieve the desired thickness by straining, try adding ½ cup powdered milk before heating the milk.

**WATCH OUR VIDEO
TUTORIALS
YOUTUBE.COM/
UNPROCESSYOURFOOD**



**QUESTIONS? CALL OUR
GREEK YOGURT
HOTLINE
1-800-898-6970**

REUSING YOGURT CULTURE

- You can use $\frac{1}{2}$ cup of your homemade yogurt (strained or unstrained) as the starter yogurt for your next batch.
- The probiotics and live active cultures are strongest when the yogurt is fresh. For the best results only use homemade yogurt as a starter yogurt while it is fresh (*no longer than 3 to 4 days in the refrigerator*). After a few days the probiotics in the previous batch can weaken and could make a yogurt that does not congeal.
- We recommend only using the previous batch as a starter for 3-4 more batches.
- If your starter yogurt contains the cultures *Lactobacillus bulgaricus* (*L.bulgaricus*) and *Streptococcus thermophilus* (*S.thermophilus*), you may be able to use your starter for many more batches. However, there are many factors that affect the viability of yogurt cultures so the most reliable way to ensure good results is to refresh your culture after 3-4 batches.
- You can freeze homemade starter yogurt to prolong its freshness—however, don't freeze for longer than a few weeks.





RECIPE

GUIDE & COOKBOOK

FLAVORED GREEK YOGURT

What You Need to Know

Flavored yogurt that you buy at the store starts out as plain yogurt. Flavors are added after the yogurt has been fermented.

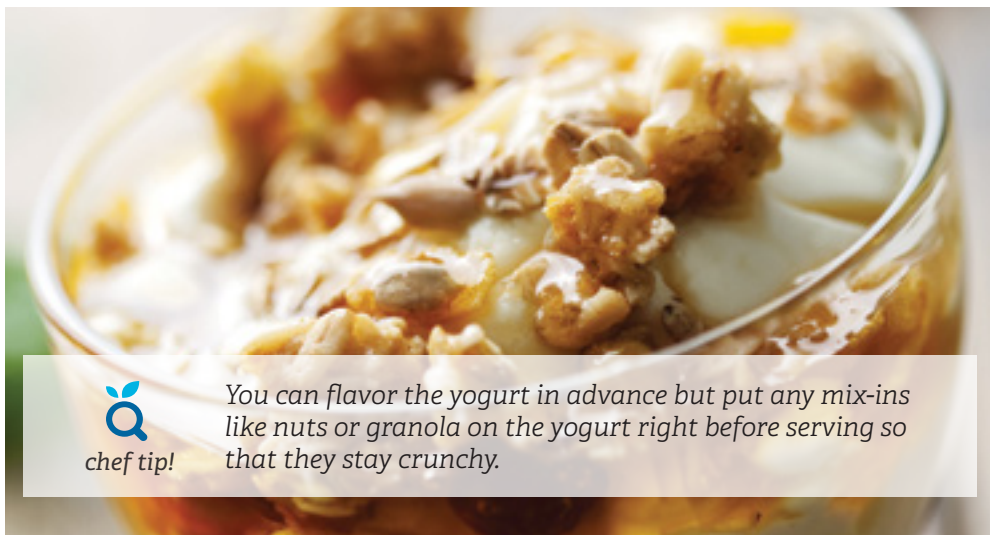
Storebought flavors may have sugar, high fructose corn syrup, artificial sweeteners, artificial flavorings, thickeners, and stabilizers added. When you flavor your own homemade yogurt you know exactly what goes into it. Here are some suggestions:



FLAVOR	INGREDIENTS
Vanilla	<p>2½ cups Greek Yogurt</p> <p>2 tsp vanilla extract or ½ tsp vanilla bean paste</p> <p>1-2 tbsp honey, agave or other natural sweetener</p>
Strawberry	<p>2½ cups Greek Yogurt</p> <p>4 fresh strawberries puréed in the blender or strawberry jam</p> <p>1-2 tbsp honey, agave or other natural sweetener</p> <p>Strawberries to garnish</p>
Blueberry	<p>2½ cups Greek Yogurt</p> <p>Blueberry preserves</p> <p><i>Alternative: Frozen wild blueberries thawed, pureéd with agave & lemon juice</i></p> <p>Fresh blueberries to garnish</p>

HONEY NUT MAPLE GREEK YOGURT

Servings 3 Prep Time 5 min Total Time 5 min



chef tip!

You can flavor the yogurt in advance but put any mix-ins like nuts or granola on the yogurt right before serving so that they stay crunchy.

INGREDIENTS

2½ cups of plain Greek Yogurt

3 tbsp organic/natural maple syrup

½ cup walnut halves

¼ cup sunflower seeds

3 tbsp wild honey

muesli or granola

DIRECTIONS

Mix Greek Yogurt with maple syrup and divide into glasses or bowls.

Top with walnuts, sunflower seeds, muesli or granola. Drizzle with wild honey.

Serve immediately & enjoy.

GREEK YOGURT BREAKFAST PARFAIT

Servings 1 Prep Time 5 min Total Time 5 min



INGREDIENTS

½ - 1 cup Greek Yogurt

Blueberries or fresh berries to taste

¼ cup roasted walnuts/almonds/pecans or granola

2 tbs honey or agave to taste

DIRECTIONS

Scoop Greek Yogurt into a glass or bowl.

Garnish with blueberries and roasted nuts of your choice or granola. For a treat, make your own pralines by caramelizing nuts in a frying pan with maple syrup. Sweeten with honey or agave.

GREEK YOGURT BLUEBERRY PANCAKES

Servings 4 Prep Time 8 min Cook Time 8 min Total Time 10 min



INGREDIENTS

1 egg

½ cup 0% Greek Yogurt

¾ cup milk

1 tbsp melted butter

2 tsp superfine or cane sugar

½ tsp salt

1½ cups all-purpose or
whole grain flour

DIRECTIONS

Crack egg into a bowl and beat. Add milk, melted butter and Greek Yogurt to egg bowl. Whisk together thoroughly. In a separate bowl, whisk together sugar, salt and flour. Add yogurt mixture into dry ingredients and combine together till smooth.

Pour about ⅛ cup batter onto a lightly greased skillet for each pancake. Cook each side for 2 minutes on medium heat or until surface turns golden brown.

BLUEBERRY MORNING BUZZ

Servings 2 Prep Time 5 min Cook Time 3 min Total Time 8 min



health tip!

Blueberries are loaded with vitamin C and fiber. Only one cup of blueberries provides you with almost 25% of your recommended daily intake of vitamin C.

INGREDIENTS

1 cup non-fat or low-fat Greek Yogurt	½ cup milk or soy milk
1 cup frozen or fresh blueberries	½-1 cup ice
3 tbsp honey	fresh blueberries for garnish

DIRECTIONS

Scoop Greek Yogurt into a blender, cover with blueberries, milk (or soy milk), honey and ice.

Blend until smooth. Serve immediately. Garnish with fresh blueberries.

BERRY MANGO GREEK YOGURT SMOOTHIE

Servings 2 Prep Time 5 min Cook Time 3 min Total Time 8 min



chef tip!

Substitute strawberries or peaches or whatever fruit you have on hand for a different flavor. Adding more or less orange juice will thin or thicken your smoothie.

INGREDIENTS

1 cup Greek Yogurt

½ cup frozen berries

¼ cup frozen mango chunks

½-1 cup fresh squeezed orange juice

DIRECTIONS

Scoop frozen fruit into a blender, cover with the fresh squeezed orange juice.

Add 1 cup of Greek Yogurt.

Blend until smooth. Serve immediately.

GREEK YOGURT DEVILED EGGS

Servings 12 Prep Time 10 min Cook Time 20 min Total Time 30 min



INGREDIENTS

- 12 large eggs
- 1/3 cup Greek Yogurt
- 1/4 cup pickle relish
- 2 tsp dijon mustard
- 1/4 – 1/2 tsp cayenne pepper
- 1/4 – 1/2 tsp smoked paprika
- 1/2 tsp salt

DIRECTIONS

Place the eggs in a single layer in a saucepan with enough cold water to cover; bring to a boil over high heat. Immediately remove from the heat. Cover and let stand 15 minutes. Drain, and then run under cold water.

Peel the eggs and halve lengthwise. Remove the yolks and add to a bowl. Add the yogurt, pickled relish, mustard, cayenne, smoked paprika, salt, pepper and mix thoroughly.

Spoon the mixture into the egg white halves. Place the eggs on a plate, garnish with a little more smoked paprika, cover with plastic wrap and chill until ready to serve.

TZATZIKI GREEK YOGURT DIP

Servings **8** Prep Time **10 min**

**INGREDIENTS**

16 ounces Greek Yogurt (2 cups)
1 cucumber (seeded and finely diced)
2 tbsp olive oil
½ lemon juiced

2 tbsp dill chopped
1 tsp garlic powder
salt and pepper to taste

DIRECTIONS

Finely chop the cucumber and the dill.

In a medium bowl add the olive oil, lemon juice, salt, pepper, dill, and garlic powder to the Greek Yogurt.

Mix with a spoon until all ingredients are incorporated. Add the cucumber and mix again. The sauce will be chunky and thick.

CURRY CHICKEN & GRAPE SALAD

Servings 4 Prep Time 20 min Total Time 20 min



INGREDIENTS

DRESSING

- 1 ½ cups Greek Yogurt
- 3 tsp curry powder
- 1 tsp onion powder
- 2 tbsp apricot preserves
- ½ tsp salt
- 2 tbsp lemon juice

INGREDIENTS

- 2 chicken breasts cooked and cubed
- 1 apple chopped
- 1 cup green or red grapes halved
- 2 stalks celery chopped
- Toasted slivered almonds

DIRECTIONS

- Put dressing ingredients into a large serving bowl. Mix until combined.
- Taste for flavor--add more lemon or preserves according to taste.
- Add the chicken, apple, grapes, and celery. Stir until all ingredients are covered.
- Serve on a bed of lettuce sprinkled with toasted almonds.



chef tip!

If you don't have grapes, this recipe is also delicious with dried cranberries (substitute 1 cup for the 2 cups of grapes) or raisins.

GREEK ROASTED CHICKEN

Servings 6 Prep Time 20 min Marinade Time 2+ hrs Cook Time 40 min



INGREDIENTS

2 cups Greek Yogurt
3 garlic cloves, peeled and smashed
1 tbsp salt
1 tbsp granulated sugar
1 tsp curry powder
1 tsp coriander

1 tsp cumin
freshly ground black pepper
2½ to 3 pounds chicken parts*
drizzle of olive oil
bread crumbs (optional)

DIRECTIONS

Mix Greek Yogurt with garlic, table salt, sugar, curry powder, coriander, cumin, and lots of freshly ground black pepper in a bowl.

Place chicken parts in a gallon-sized freezer bag (or lidded container) and scrape yogurt brine over them, then swish it around so that all parts are covered. Refrigerate for at least 2 hrs but preferably 24–48 hours.



DIRECTIONS CONTINUED...

When ready to roast, preheat oven to 425 degrees. Line a baking dish with foil (not absolutely necessary, but we never mind having a dish that cleans up easily).

Remove chicken from yogurt brine (keep as much of the yogurt on the chicken as you can) and arrange in dish with room between each piece. Drizzle lightly with olive oil, then sprinkle with bread crumbs if desired.

Roast for 30 minutes for legs (approximately 35 to 40 for breasts), until brown and a bit scorched in spots. If using boneless pieces, roasting should take about 30 minutes. Serve immediately.

**baking times are for parts with the bone-in although boneless works well, too*

GREEK YOGURT CHOCOLATE CAKE

Servings 12 Prep Time 20 min Cook Time 25 min Total Time 45 min



INGREDIENTS

½ cup cocoa
½ cup boiling water
1 ½ tsp baking soda
2 tsp vanilla extract

½ cup butter
1 ½ cups sugar
½ tsp salt

2 eggs
1 ¼ cups Greek Yogurt
2 ½ cups flour

DIRECTIONS

Boil water in a 1-cup glass measuring cup in the microwave. Add cocoa and stir until smooth. Let cool a bit. Just before adding to the butter mixture, add the soda to the chocolate mixture. It will rise and lighten. Cream butter, salt, and sugar. Mix in eggs. Mix in chocolate/soda mixture.

Add flour alternately with Greek Yogurt. Scrape batter into two greased 9-inch rounds or a 9" x 13" pan. Bake at 350° for about 25-30 minutes. Allow to cool and frost with Greek Yogurt Chocolate Ganache Frosting.

GREEK YOGURT CHOCOLATE GANACHE FROSTING



INGREDIENTS

1 pint (16 oz) Greek Yogurt
12 oz semi-sweet chocolate chips

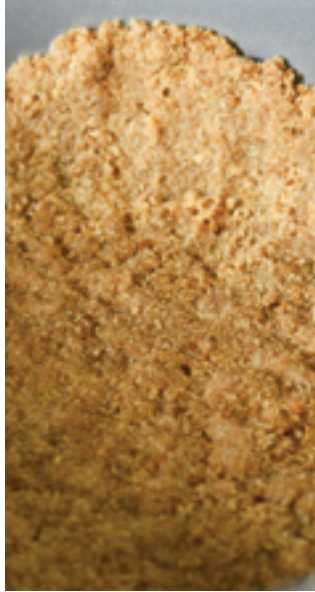
DIRECTIONS

Melt chocolate in a double boiler on the stove or in the microwave stirring after each 30 second increment.

Mix melted chocolate chips into Greek Yogurt until chocolate is completely blended. Makes enough to fill and frost a 9" round or a 9X13 cake.

It is important that the greek yogurt is room temperature before you add the melted chocolate. If it is too cold the chocolate will seize, resulting in little balls of chocolate throughout the yogurt. This can be corrected if you heat the mixture slowly and stir well.

GRAHAM CRACKER PIE CRUST



INGREDIENTS

5 tablespoons salted or unsalted butter melted
1½ cups cookie crumbs (10 graham crackers; about 6 oz)
2 tablespoons sugar
1/8 teaspoon salt (omitted if you use salted butter)

DIRECTIONS

Pulse graham crackers in a food processor until finely ground or in a blender or crush in a ziplock bag with a rolling pin.

Mix all ingredients together and press into a 9-inch springform pan or pie plate.

Fill with cheesecake filling and bake according to instructions on page 37.

GREEK YOGURT CHESSECAKE

Servings 8 Prep Time 20 min Cook Time 35 min Total Time 55 min



INGREDIENTS

2 cups Greek Yogurt
2 eggs
½ cup sugar

1 tsp vanilla
1 tbsp cornstarch
pinch of salt

DIRECTIONS

Preheat the oven to 350 degrees.

Mix the yogurt, eggs, sugar, and vanilla by hand or in a blender. Add the cornstarch and salt, mix well.

Pour mixture into a graham cracker crust and bake for 35 to 40 minutes or till the center jiggles when the pan is gently shaken but the edges of the cheesecake are set.

CUSTOMER SUPPORT

If your device fails to function as required, please check the troubleshooting checklist on bydash.com. There may only be a minor problem that you can solve yourself.

For product support, warranty and maintenance related questions (other than cleaning) please contact StoreBound directly at: 1-800-898-6970 from 7AM - 7PM PST, Monday - Friday, or by email at info@storebound.com.

REPAIRS

DANGER! Risk of electric shock! The Dash Greek Yogurt Maker is an electrical appliance. Do not attempt to repair the appliance yourself under any circumstances.

Contact customer service regarding repairs to the device.

TECHNICAL SPECIFICATIONS

Model Number DGY001

Voltage 120V ~ 60Hz

Power Rating 20W

Stock#: GYM-053113V1

**QUESTIONS? CALL OUR
GREEK YOGURT
HOTLINE
1-800-898-6970**

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Patent Pending