



CHOBANI[®]

Kitchen

CHO CONVERSION CHART

Original	Chobani
1 cup butter	1/4 cup Chobani + 1/2 cup butter
1 cup oil	3/4 cup Chobani
1 cup sour cream	1 cup Chobani
1 cup mayonnaise	1 cup Chobani
1 cup cream cheese	1 cup Chobani
1 cup buttermilk	2/3 cup Chobani + 1/3 cup milk or buttermilk
1 cup heavy cream	1/2 cup Chobani + 1/2 cup heavy cream
1 cup milk	1/4 cup Chobani + 3/4 cup milk
1 cup crème fraîche	1 cup Chobani

TIP: When adding Chobani to a hot soup or sauce, add Chobani at the end of the cooking process, and remove pan from heat.