

Conversion Chart

for *Nutrinor Organic Nordic fermented milk*



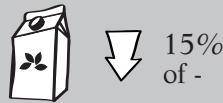
Buttermilk



Cakes, muffins,
homemade bread



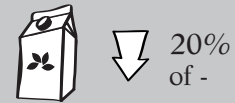
Yogurt



Muffins, smoothies,
marinades for meat, dips
*Add a texture like legume purée
or modified starch*



Sour cream



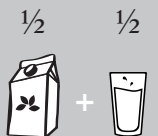
Vinaigrette, pastry



Milk



Smoothies, cakes,
muffins



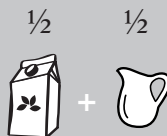
French toast and
bread pudding,
mashed potatoes,
fruit popsicles



Cream



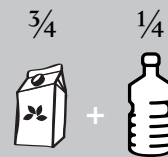
Vinaigrette



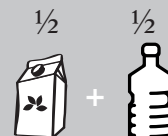
Quiches, homemade ice
cream, pudding, dessert
mousse (with gelatin)
*Excluding high-
temperature recipes*



Vegetable oil



Muffins, cakes,
crêpes, waffles



With various
creamy vinaigrettes



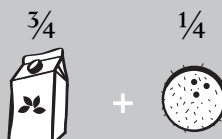
Kefir



Smoothies, muffins, etc.



Coconut oil



Muffins, cake, fruitcake or vegetable bread
(banana, zucchini bread, etc.)



Butter



Muffins, crêpes, waffles, cake

Yogurt: If substituted with organic Nordic fermented milk, in a dip for vegetables or other, the texture will be too liquid. You must add a thickening agent (legume purée, vegetables or other).

Cream: For high-temperature recipes (fudge, candy, caramel, etc.), organic Nordic fermented milk will not hold up. You will not get the same consistency as regular cream.

* *Except for cooking purposes.*

- Do not replace more than one product in a recipe.
- When used for a sweet preparation or a dessert, you must verify the sweetness to compensate for the touch of acidity inherent in organic Nordic fermented milk.

nutrinor
COOPÉRATIVE

Vachement différent.