

I love yogurt

Especially Greek yogurts



**Greek yogurt**, yogurt cheese, sack yogurt, or kernal yogurt is yogurt that has been strained to remove most of its whey, resulting in a thicker consistency than regular unstrained yogurt, while still preserving the distinctive sour taste of yogurt. Like many types of yogurt, strained yogurt is often made from milk that has been enriched by boiling off some of its water content, or by adding extra butterfat and powdered milk. In Europe and North America, it is often made from low-fat or fat-free cow's milk. In Iceland, a similar product named *skyr* is made.

[Read on wikipedia](#)

TRY GREEK YOGURT