

For the entire recipe, the difference between using Heavy Cream and using Mountain High Yoghurt and Lowfat Milk is:

$$1,642 - 247 = \mathbf{1,395 \text{ calories}}$$

$$176 \text{ g} - 9 \text{ g} = \mathbf{167 \text{ g fat}}$$

$$652 \text{ mg} - 43 \text{ mg} = \mathbf{609 \text{ mg cholesterol}}$$

To calculate the savings per serving, divide each total by the number of servings (4)

$$1,395 \div 4 = \mathbf{349 \text{ calories}}$$

$$167 \text{ g} \div 4 = \mathbf{42 \text{ g fat}}$$

$$609 \text{ mg} \div 4 = \mathbf{152 \text{ mg cholesterol}}$$

You can see that by using Mountain High Yoghurt and Lowfat milk, **you cut out**

349 calories

42 g fat, and

152 mg cholesterol

Now you can calculate how much “healthier” you can make your favorite recipes by **using Mountain High Yoghurt instead!**