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A Yogurt Store: for Health Lovers and First-time Entrepreneurs by [Joseph Carr](#)

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Yogurt, also spelled as "yoghurt," is a favorite food made via the bacterial fermentation of milk. It is thick and custard-like, and is served as a dessert or a sauce. In most cases, yogurt is topped with fruits, chocolates, or syrups. Yogurt can also be utilized in cooking with cheese or sour cream sauce to enhance different meals.

By culturing cream or milk with live bacteria, yogurts are processed. This is done by adding bacteria directly to the milk. Commercial yogurts are made out of a culture of *Lactobacillus acidophilus* or *Streptococcus thermophilus*. The former bacterium is a probiotic agent that helps enhance a person's immune system, strengthen gastrointestinal function, and relieve indigestion. Alternatively, homemade yogurt is mixed with commercially made yogurt and put into boiled milk.

Besides being a gastronomic delight, yogurt also has health benefits. It is a great source of riboflavin, protein, calcium, and Vitamin B12. Actually, it is stated that yogurt contains more protein and calcium than milk. Those struggling with osteoporosis can improve their bones with a good serving of yogurt daily.

Yogurts taken as desserts come in three types: low-fat, regular, skimmed. Skimmed and low-fat yogurts are good for people who are in a low-cholesterol diet. These types of yogurts do not raise blood cholesterol problems. Also, people affected by lactose intolerance can take advantage of yogurt products as these help their digestive system in extracting lactose in their body. This makes yogurt a healthy alternative source of calcium for those who cannot take dairy products.

There is a myriad of yogurt flavors that people can decide on. But flavors that truly get noticed are fruit-based, like peach, blueberry, banana, and strawberry. Yogurt franchise stores offer these delights in fruit-based and ordinary flavors. People can also opt to have their yogurts served sundae-styled or French-style blends where fruits and other flavorings are combined.

With its health benefits, one can think of what a frozen yogurt franchise can do for consumers. It can entice customers to nibble on healthier alternatives to typical frozen goodies like ice cream though with the same sweet taste. Yogurt can also be a refreshing ingredient to a healthy smoothie, which is an additional prospective business venture.

Frozen yogurt franchises are also ideal for individuals who are opening their first business. Yogurt franchises have small start-up costs, which can be less than \$200,000. This implies people would not need to borrow a huge amount of cash. For more information on doing a start-up business of yogurt carts, research articles on [ehow.com](#).

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