

YoWell
Be Well Everyday



YoWell Recipe Ideas



facebook.com/YoWellPH



FRUIT

SALAD

Ingredients:

1 ½ c Sweetened Yogurt
1 can (500g) Fruit Cocktail,
drained
¾ pc. Apple, diced
¼ c Sweetened Condensed milk
To taste Grated Cheese

Procedure:

1. Drain the fruit cocktail, set aside.
2. Dice the apples into bite sized pieces.
3. In a bowl, combine the fruit cocktail, apples, yogurt, condensed milk and cheese. Mix until well incorporated.
4. Garnish with cheese on top.



CATHEDRAL WINDOW GELATIN

Ingredients:

1 ¼ cup YoWell Sweetened Yogurt
2 cups Assorted gulaman
(IJY Mango Gulaman, IJY Pandan Gulaman, IJY Cherry Gulaman)
2 packets (14g) Gelatin powder
½ cup Warm Water
⅓ cup Sweetened Condensed Milk

Procedure:

1. Cook all IJY Gulaman according to instructions.
2. Cut all flavored gulaman into cubes ½ - 1 inch thick.
3. In a small bowl, mix gelatin powder with warm water until dissolved. Let it stand for about a minute or two.
4. In a separate bowl, combine YoWell Sweetened Yogurt, condensed milk and gelatin mixture. Stir until well incorporated.
5. Put 1 cup assorted gulaman in each mold.
6. Scoop a little of the mixture into the mold and mix to combine with the gulaman.
7. Pour the rest of the mixture into the mold large enough to hold everything together.
8. Refrigerate for about 3-4 hours or until set.
9. Transfer the set gelatin into a plate. Serve.

MACARONI SALAD



Ingredients:

3 cups Yowell Sweetened Yogurt
600 g Elbow Macaroni, cooked
(200g, uncooked)
½ cup Carrots, small diced
1 ¼ cup Apple, diced
½ cup White Onion, chopped
¾ cup Pineapple, chopped
1 cup Chicken, cooked and
shredded
To taste Salt
To Taste Pepper
To taste Cheese, grated

Procedure:

1. Cook the elbow macaroni according to the packaging instructions.
2. In a mixing bowl, combine cooked macaroni, carrots, apple, onions, pineapple and chicken.
3. Add YoWell Sweetened yogurt and mix.
4. Season with salt, pepper and some cheese.
5. Garnish with cheese on top.



BUKO

SALAD

Ingredients:

2 c YoWell Sweetened Yogurt
1 ½ c IJY Pandan Gulaman (25g powder:1L of water)
1 pc Young coconut buko, shredded
½ c Nata de Coco, drained
½ c Sago Pearls
½ c Condensed milk

Procedure:

1. Cook IJY Pandan Gulaman according to instructions but less water (25g powder : 1L water).
2. In a mixing bowl, combine all ingredients.
3. Mix until well combined. Chill and serve.



POTATO SALAD

Ingredients:

1 pc Potato, boiled (in salt water) and chopped
1/3 c YoWell Plain Yogurt
1/4 tsp. Dijon Mustard
1 tsp Celery, sliced
1 1/2 Tbsp Red Onions, minced
1 pc Egg, hard-boiled
1/8 tsp. Salt
Pinch Pepper
1 g Chives
1 tsp Sugar
Garnish Bacon bits

Procedure:

1. Boil potatoes in water with salt. Cook the potatoes for 20 minutes or until it is easily pierced with a fork. Drain.
2. Chop the potatoes into 1/2" thick and allow to cool.
3. Add celery, red onions, eggs and chives into the chopped potatoes.
4. In a separate bowl, mix YoWell Plain yogurt, mustard, sugar, salt and pepper.
5. Fold into the potato mixture. Garnish with bacon.



Ingredients:

Your favorite juice + YoWell Yogurt + ice

Procedure:

1. Mix in a glass to enhance the vitamin from your fruit juice!

MANGO



Ingredients:

$\frac{3}{4}$ cup YoWell Sweetened Yogurt
80 g Mango, ripe ($\frac{1}{2}$ pc)
150 g Ice, Crushed

Procedure:

1. Mashed fruit at the bottom.
2. Pour YoWell Yogurt to fill glass.

AVOCADO



Ingredients:

$\frac{3}{4}$ cup YoWell Sweetened Yogurt
90 g Avocado ($\frac{1}{2}$ pc or $\frac{2}{3}$ cup)
15 g Sugar Syrup (1 Tbsp)
150 g Ice, Crushed

Procedure:

Blend all ingredients.



Ingredients:

$\frac{3}{4}$ cup YoWell Sweetened Yogurt
 70 g Pineapple ($\frac{1}{2}$ cup)
 40 g Banana, ripe ($\frac{1}{2}$ pc)
 150 g Ice, crushed
 1 g Ginger, grated ($\frac{1}{4}$ tsp)

Procedure:

Blend all ingredients except ginger. Garnish with ginger.



Ingredients:

$\frac{3}{4}$ cup YoWell Sweetened Yogurt
 100 g Apple, red (1 cup)
 20 g Almond, whole (2 Tbsp)
 10 g Pistachio nuts (1 Tbsp)
 150 g Ice, crushed

Procedure:

Blend all ingredients.

BANANA



ORANGE PEEL

Ingredients:

$\frac{3}{4}$ cup YoWell Sweetened Yogurt
70 g Banana, ripe (1 pc)
30 g Glazed Orange Peel (2-3 Tbsp)
150 g Ice, Crushed

Procedure:

Glazed Orange Peel for sinkers.
Blend the rest of the ingredients.

DRAGON



BERRY

Ingredients:

1 cup YoWell Sweetened Yogurt
60 g Dragon Fruit, red ($\frac{1}{2}$ c)
30 g Strawberry, diced ($\frac{1}{4}$ cup)
150 g Ice

Procedure:

1. In a 16 oz. cup, mash the dragon fruit and strawberry with a fork/masher.
2. Add ice then pour yogurt.
3. Serve.

Kiwi



PINEAPPLE

Ingredients:

$\frac{3}{4}$ cup YoWell Sweetened Yogurt
40 g Kiwi ($\frac{1}{2}$ pc)
60 g Pineapple, crushed ($\frac{1}{2}$ cup)
150 g Ice, crushed

Procedure:

1. Mashed fruit at the bottom.
2. Pour YoWell Yogurt to fill glass.



HALO-HALO

Ingredients:

$\frac{3}{4}$ cup YoWell Sweetened Yogurt
50g Red Bean, whole ($\frac{1}{3}$ c)
20 g Macapuno strips (1 Tbsp)
40 g Nata de Coco, green ($\frac{1}{4}$ c)
20 g Langka (1 Tbsp)
150 g Ice, crushed

Procedure:

Blend all ingredients.



Ingredients:

½ cup (125g) YoWell Sweetened Yogurt
 1 tsp (5g) inJoy Wintermelon Fruit
 Flavored Syrup
 ¼ cup (60g) Tapioca pearl
 100 g Ice

Procedure:

1. In a 12 oz. cup, add tapioca pearl.
2. Add ice, then YoWell Sweetened Yogurt.
3. Drizzle inJoy Wintermelon Fruit Flavored Syrup on top. Serve.

Ingredients:

¾ cup (180g) YoWell Sweetened Yogurt
 1 tsp (5g) inJoy Milk Tea Okinawa
 ¼ cup (60g) Tapioca pearl
 100 g Ice
 2 tsp (10g) inJoy Caramelized Syrup

Procedure:

1. Mix YoWell Sweetened Yogurt, inJoy MT Okinawa powder and ice in a shaker.
2. In a 12 oz. cup, add Caramelized syrup on all sides of the cup.
3. Add tapioca pearl.
4. Lastly, add the okinawa drink. Serve.



YOWBERRY DELIGHT

Ingredients:

$\frac{3}{4}$ cup (180g) YoWell Sweetened Yogurt
 $\frac{1}{2}$ tsp (2g) inJoy Milk Tea Sugar Caramel
 50 g Kreem Puff, RTU
 1 Tbsp (10g) inJoy Strawberry Fruit
 Flavored Syrup
 100 g Ice

Procedure:

1. Mix inJoy Strawberry Fruit Flavored Syrup with ready-to-use Kreem Puff floater. Set aside.
2. Mix YoWell Sweetened Yogurt, inJoy MT Sugar Caramel powder and ice in a shaker.
3. In a 12 oz. cup, add the shaken drink and top it with flavored kreem puff.
4. Serve.



YOWTARO

Ingredients:

$\frac{1}{2}$ cup (125g) YoWell Sweetened Yogurt
 1 tsp (5g) inJoy Milk Tea Taro
 $\frac{1}{4}$ cup (60g) Tapioca pearl
 100 g Ice

Procedure:

1. Mix $\frac{1}{4}$ cup YoWell Sweetened Yogurt with inJoy MT Taro. Set aside.
2. In a 12 oz. cup, add tapioca pearls.
3. Add the Taro mixed drink, then add ice.
4. Pour the remaining yogurt into the cup.
5. Serve.



MATCHA YOGURT COLATE

Ingredients:

½ cup (125g) YoWell Sweetened Yogurt
 2 tsp (10g) inJoy Milk Tea Matcha
 ¼ cup (50g) Water
 ¼ cup (60g) Tapioca pearl
 10 g inJoy Chocolate Syrup
 100 g Ice

Procedure:

1. Mix ¼ cup water with inJoy MT Matcha powder. Set aside.
2. In a 12 oz. cup, add tapioca pearls.
3. Add YoWell Sweetened Yogurt, then add ice.
4. Pour the matcha drink into the cup.
5. Add chocolate syrup on top or on sides. Serve.



CHOCYOW BANANA

Ingredients:

½ cup (125g) YoWell Sweetened Yogurt
 1 tsp (5g) inJoy Milk Tea Chocolate
 1 pc (60g) Ripe Banana, mashed
 100 g Ice
 1 Tbsp (6g) Cookies, crushed

Procedure:

1. In a 12 oz. cup, mash the banana with a fork/masher. Set aside.
2. Mix YoWell Sweetened yogurt, inJoy MT Chocolate and ice in a shaker.
3. Pour chocolate mixed drink into the cup with the mashed banana.
4. Add crushed cookies on top.
5. Serve.



BLUEBERRY

YOGURT

Ingredients:

3 Tbsp IJY Blueberry Fruit Syrup $\frac{1}{2}$ c YoWell Sweetened Yogurt 200 g Crushed Ice

Procedure:

Can be put into a blender for a shake or just put all together in a cup then mix.



STRAWBERRY

YOGURT

Ingredients:

3 Tbsp IJY Strawberry Fruit Syrup $\frac{1}{2}$ c YoWell Sweetened Yogurt 200 g Crushed Ice

Procedure:

Can be put into a blender for a shake or just put all together in a cup then mix.



Ingredients:

4 Tbsp IJY Green Apple Fruit Syrup
½ c YoWell Sweetened Yogurt
200 g Crushed Ice

Procedure:

Can be put into a blender for a shake or just put all together in a cup then mix.



Ingredients:

3 Tbsp IJY Four Seasons Fruit Syrup
½ c YoWell Sweetened Yogurt
200 g Crushed Ice

Procedure:

Can be put into a blender for a shake or just put all together in a cup then mix.



Ingredients:

2 tsp IJY Milk Pineapple
 ½ c YoWell Sweetened Yogurt
 ½ c Water
 180 g Tube Ice

Procedure:

Put all ingredients in a shaker.
 Serve.



Ingredients:

¾ cup YoWell Sweetened Yogurt
 ½ cup Frozen Strawberries (65g)
 180 g Ice, Crushed

Procedure:

Can be put into a blender for a shake or just put all together in a cup then mix.



BLUEBERRY

SLUSH

Ingredients:

$\frac{3}{4}$ cup YoWell Sweetened Yogurt
 $\frac{1}{2}$ cup Frozen Blueberry (65g)
180 g Ice, Crushed

Procedure:

Can be put into a blender for a shake or just put all together in a cup then mix.



MANGO

SLUSH

Ingredients:

$\frac{3}{4}$ cup YoWell Sweetened Yogurt
80 g Mango, ripe ($\frac{1}{2}$ pc)
180 g Ice, Crushed

Procedure:

Can be put into a blender for a shake or just put all together in a cup then mix.



YOWELL SUMMER SHAKE

Ingredients:

½ pc Mango, ripe (80g)
½ c YoWell Sweetened Yogurt (125g)
Strawberry Shake (IQF Strawberry 80g: Ice 80g) – 8-10pcs strawberries: ¾ c crushed ice

Procedure:

1. Prepare blended mango and strawberry separately.
2. Fill the bottom of the cup with the blended mango, pour in YoWell Yogurt on top and leave enough space for the blended strawberry as the final layer.



Ingredients:

¼ c Coconut Milk (60g)
2 pcs Kiwi, sliced
4 pcs Strawberry
½ c YoWell Sweetened Yogurt (125g)
1 tsp Honey (5g)
Granola

Procedure:

1. In a bowl, mix YoWell Sweetened Yogurt, coconut milk, and honey. Set aside.
2. Arrange kiwi at the bottom of the popsicle molds then pour yogurt mixture until half.
3. Add strawberry slices and fill the mold with yogurt mixture, leave ¼" inch space for the granola.
4. Insert a popsicle stick in the middle of each popsicle. Freeze overnight (or a minimum of 4-6 hours).
5. Run the molds under water to help the popsicles release.



BERRY ice POPS

Ingredients:

Blueberry Puree
1 c IQF Blueberry (120g-130g)
1 Tbsp Honey

Strawberry Puree
1 c IQF Strawberry (120g-130g)
1 Tbsp Honey

Yogurt
1 c YoWell Sweetened Yogurt
1 Tbsp Honey

To make Puree:
Place fruits and honey in a food processor
or blender and process until smooth.

Procedure:

1. In a bowl, mix YoWell Sweetened Yogurt, and honey. Set aside.
2. Fill $\frac{1}{4}$ of the popsicle molds with blueberry puree. Freeze to set.
3. Pour yogurt into molds to make the second layer. Freeze until firm.
4. Third layer, fill the mold with strawberry puree. Set aside in the freezer until firm.
5. Repeat steps 5 and 6.
6. Insert a popsicle stick in the middle of each popsicle. Freeze overnight (or a minimum of 4-6 hours).
7. Run the molds under water to help the popsicles release.



GRANOLA

CUPS

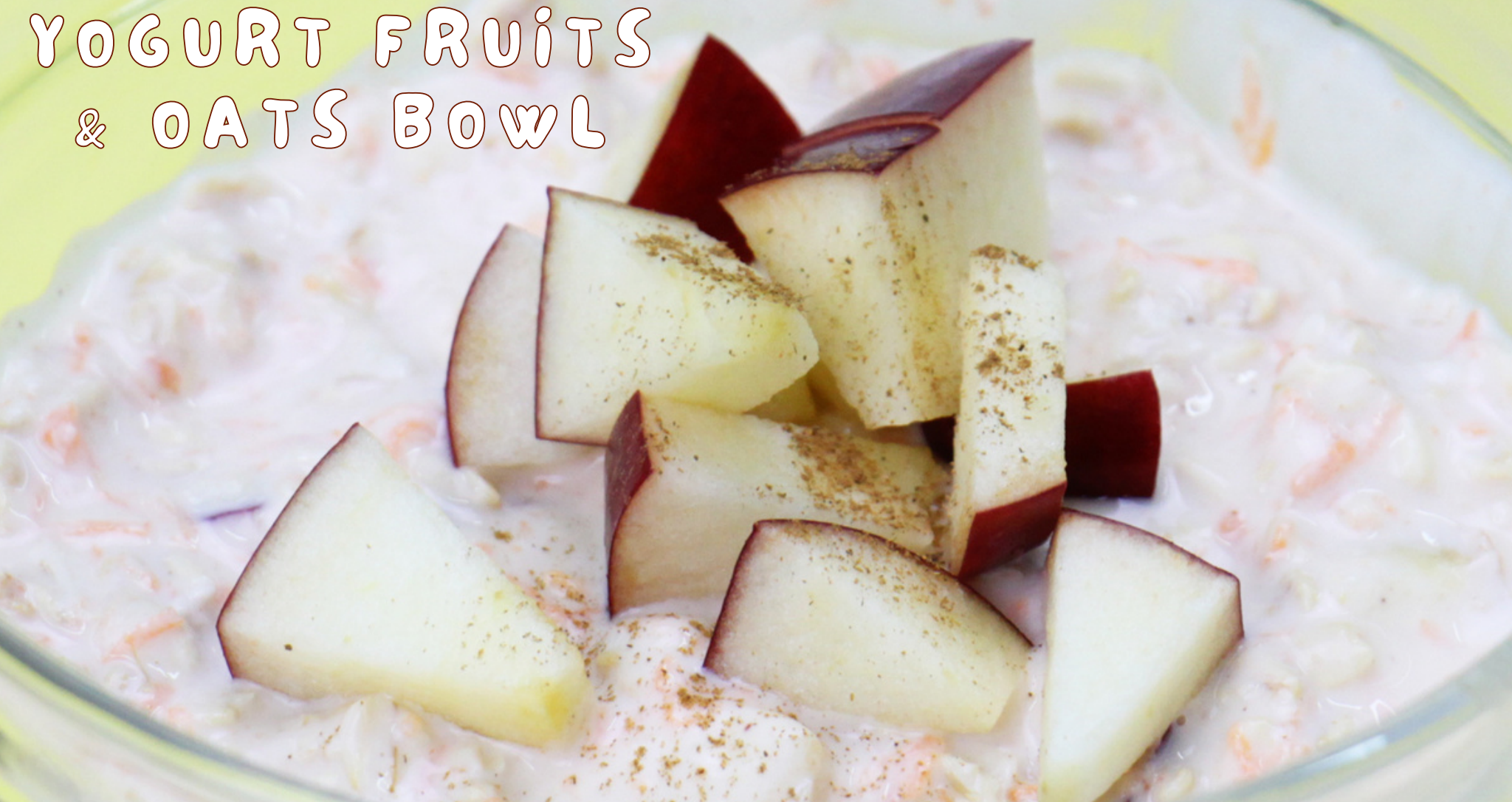
Ingredients:

1 c Granola, crushed (90g)
½ c Marshmallow (30g)
½ Tbsp Butter, unsalted
Yowell Sweetened Yogurt
Sliced Fruits (toppings)

Procedure:

1. Spray a 6-cup muffin tin with non-stick cooking spray or oil.
2. In a medium saucepan, melt butter and marshmallows over low-medium heat.
3. Remove from heat, and mix in granola until evenly coated.
4. Transfer mixture to the muffin tin, pressing it to make the cup shape.
5. Fill each cup with yogurt, decorate with fruits.

YOGURT FRUITS & OATS BOWL



Ingredients:

½ cup (125g) YoWell
Unsweetened Yogurt
¼ cup (30g) Rolled Oats
2 Tbsp. (10g) Carrots,
shredded
½ cup Apple, diced
Pinch of Nutmeg
Pinch of Cinnamon

Procedure:

1. Mix all ingredients in a mixing bowl. Spoon into a jar or container with a tight-fitting lid.
2. Close and refrigerate at least 4 hours or overnight. Serve.



YOGURT FRUIT AND COCONUT BOWL

Ingredients:

½ cup (125g) YoWell
Unsweetened Yogurt
Mango
Pineapple
Desiccated coconut

Procedure:

1. Add sliced pineapple and mango in a bowl of YoWell Yogurt.
2. Add desiccated coconut.



YOGURT OATS AND FRUIT BOWL

Ingredients:

Oats
Apple
Banana
YoWell Yogurt Unsweetened

Procedure:

1. Pour YoWell Yogurt in a bowl and mix with oats.
2. Leave overnight inside the fridge to create a thick consistency.
3. Add in sliced apple, banana or your choice of fruit.

THE SUPERFIBER BOWL



Ingredients:

Banana
YoWell Yogurt Unsweetened

Procedure:

1. Pour YoWell Yogurt in a bowl with sliced banana.

THE REGULARITY BOOSTER BOWL



Ingredients:

Papaya
YoWell Yogurt Unsweetened

Procedure:

1. Pour YoWell Yogurt in a bowl with sliced papaya.



BANANA YOGURT

Ingredients:

1 1/2 pcs of Banana
1-2 tbsp of sugar
2 1/2 Fresh Milk
1/3 cup YoWell Yogurt
Unsweetened

Procedure:

1. Toss all ingredients in a blender.
2. Adjust the amount of sugar according to your taste
3. Serve in a glass and put some ice.



COFFEE YOGURT

Ingredients:

1/2 tbsp Coffee Powder
2 tbsp Sugar
1/4 + 1/8 cup Evaporated
Milk
1/2 cup YoWell Yogurt
Unsweetened

Procedure:

1. Pour in YoWell Yogurt in a glass.
2. Add evaporated milk, sugar and coffee powder and mix well.
3. Add ice.



MANGO YOGURT

Ingredients:

3/4pc Fresh Mango
1-2 tbsp sugar
2 1/2 tbsp Fresh Milk
1/3 cup YoWell Yogurt
Unsweetened

Procedure:

1. Toss all ingredients in a blender.
2. Adjust the amount of sugar according to your taste
3. Serve in a glass and put some ice.



STRAWBERRY YOGURT

Ingredients:

100g Strawberry
2 tbsp Condensed Milk
1/2 - 1 tbsp sugar
1 1/2 tbsp Fresh Milk
1/3 cup YoWell Yogurt
Unsweetened

Procedure:

1. Toss all ingredients in a blender.
2. Adjust the amount of sugar according to your taste
3. Serve in a glass and put some ice.



APPLE YOGURT

Ingredients:

3/4 pc of Apple
1 tbsp Sugar
2 1/2 Fresh Milk
1/3 cup YoWell Yogurt
Unsweetened

Procedure:

1. Toss all ingredients in a blender.
2. Adjust the amount of sugar according to your taste
3. Serve in a glass and put some ice.



YOGURT DELIGHT

Ingredients:

Sugar
4 tbsp Fresh Milk
1/2 cup YoWell Yogurt
Unsweetened

Procedure:

1. Pour in YoWell Yogurt in a glass.
2. Add sugar and fresh milk and mix well.
3. Add ice.