

HOMEMADE YOGHURT BY PAUL FAZECAS AT PRINCESS CHRISTIAN CARE HOME

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The most delicious, fresh yogurt!

Here at Princess Christian Care Home in Woking, Surrey, we are very pleased to be able to make our own health-boosting yogurt for our residents to enjoy, using the latest in yoghurt-making technology. Yogurt has been found to reduce the risk of heart disease and osteoporosis, as well as aid in weight management. Osteoporosis is a condition characterised by a weakening of the bones and it is common in the elderly.

The EasiYo Yogurt Maker consists of a 'yogurt pot' and 'lid' and the 'appliance' into which the pot sits. The EasiYo system produces delicious, fresh yogurt every time and it is very nutritious. Containing acidophilus, calcium and protein, eating it regularly can really boost several aspects of our resident's health.

The ingredients we use are proudly made in the UK, using Irish milk. High in magnesium, phosphorus, potassium, selenium, vitamin B, vitamin D and zinc, natural yoghurt is very health-promoting. All these vitamins and minerals are known for their role in supporting the immune

system and helping to reduce the risk of some illnesses and disease including the common cold, flu, heart disease and depression.

Easy to make

With just a few simple steps, we can create tasty natural yoghurt, with reduced fat and Greek varieties. These can be served according to our residents' individual preferences or needs, including plain, unsweetened, reduced sugar, with fresh fruits, fruit toppings, honey, jam, cereals, coconut, nuts or sultanas.

Amazing benefits

Using the EasiYo Yoghurt Maker, the Princess Christian Kitchen Team are pleased to be able to:

- Ensure fresh, homemade yogurt at anytime we need to
- Give residents the opportunity to personalise their yoghurt with different flavours or toppings
- Produce healthy yoghurt on-demand, remaining unaffected by delayed deliveries or shortages
- Make eco-friendly yoghurt avoiding the use of individual plastic pots
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Our Kitchen Assistant Paul Fazecas makes the best yoghurt!

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Some of our most popular toppings include fresh blueberries, raspberries, strawberries, banana, honey and nuts.