

# DR.OZ THE GOOD LIFE

**NOW SPOON THIS**

★  
**OUR TASTE TEST WINNERS**

★  
**SWEETEST SURPRISE**

**Wallaby Organic Purely Unsweetened Yogurt with Peaches**  
This fruit-tastic cup gets all its yum factor from peaches, not added sugar.

★  
**MVP**

**Fage Total 2% Plain Greek Yogurt**  
Where would we be without this go-to? The velvety, tried-and-true Greek yogurt is a longtime staple among our staffers. Even at 2% milk fat, it's still crazily luscious.

★  
**DREAMIEST NONFAT**

**Dannon Oikos Plain Greek Nonfat Yogurt**  
It may be fat-free, but there's nothing diet-y about this silky pick. It's perfectly tart and an excellent sour cream sub.

★  
**WHOLE-MILK HERO**

**Organic Valley Grassmilk Plain Whole Milk Yogurt**  
Holy wow, is this stuff fresh tasting. The top layer of cream gives it more luscious heft than your average non-Greek.

★  
**SAVORY FAVE**

**Blue Hill Carrot Yogurt**  
Yes, carrot; we were wary too. But this veggie-based creation hits brand-new levels of delish. Think of the best veggie bisque you've ever had—this is that, plus probiotics.

★  
**LOOK, NO SPOON!**

**Siggis Low-Fat Squeezeable Yogurt Tube in Blueberry**  
The next best thing to a yogurt IV, in our opinion. It's deeply satisfying, and tastes like real blueberries. (Not always a given in the world of fruit-flavored foods.)

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**FOR DESSERT ONLY**

**Noosa Yoghurt Salted Caramel**  
Treat yo'self to this decadence. It's as heavenly as ice cream.