

Mango Lassi

Ingredients:

- 1 diced fresh mango, diced
- ½ cup chilled orange juice
- 1 tbsp honey
- 2 cups lowfat milk, chilled

Method:

1. Combine diced mango, orange juice and honey in food processor. Blend for 1½ minutes. Keep aside.
2. Pour the lowfat milk into processor and process till it has expanded and become frothy.
3. Add the mango puree to the milk and process for about 1 minute.
4. Pour into glasses with some ice cubes.
5. Serve immediately.

Serves: 4

Preparation time: 10 to 15 minutes

Nutrition Information (per serving):

Calories: 109

Protein: 4.5 gms

Carbohydrate: 27 gms

Total Fat: 1.45 gm

Monounsaturated fatty acids: 0.5 gms

Saturated fatty acids: 0.8 gms

Polyunsaturated fatty acids: 0.07 gms

Cholesterol: 5 mg

Sodium: 62 mg

Fiber: 0.6 gms

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This recipe is provided by Prevention & Awareness for South Asians (PRANA), a PAMF wellness program. For more recipes and health information, visit www.pamf.org/southasian.