

College of Public Health and Human Sciences

Refreshing Mango Lassi

Ingredients:

1 ½ cups frozen mango chunks	1 teaspoon lemon juice
½ cup plain, nonfat Greek yogurt	¼ teaspoon vanilla extract
2 tablespoons water	1/8 teaspoon salt
1 ½ teaspoons honey	1/8 teaspoon cardamom

Directions:

Allow frozen mango chunks to thaw for 5-10 minutes. Place all ingredients into a blender and blend until smooth. **If it is too thick, add a little bit of water and taste for sweetness.** Serve in small glasses.

Tip: Serve with a sprinkling of coconut flakes on top or try using other frozen fruits like pineapple or strawberries!



Nutrition Facts

4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 0mg	0%
Potassium 43mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

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