

Mango And Banana Lassi

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/banana-oats-smoothie-recipe-indian>

Ingredients:

- 1 cup yogurt white
- 1/4 cup water
- 1 banana ripe
- 1 mango ripe, cut into cubes
- 1/2 teaspoon cardamom powder
- ice cubs
- oats Optional, if you want it very thick
- canela for decoration, optional

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 4 grams
6. Protein: 2 grams
7. SaturatedFat: 1 grams
8. Sodium: 25 milligrams
9. Sugar: 14 grams

Thank you for visiting our website. Hope you enjoy Mango And Banana Lassi above. You can see more 16 banana oats smoothie recipe indian Get cooking and enjoy! to get more great cooking ideas.