

Mango Lassi

Yield: 2 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/mango-lassi-recipe-greek-yogurt>

Ingredients:

- 1 cup plain yogurt
- 1/2 cup milk
- 1 cup mango chopped very ripe, see how to peel and chop mango, frozen chopped mango, or a cup of canned mango pulp
- 4 teaspoons honey or sugar, more or less to taste
- 1 dash ground cardamom optional
- ice optional

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 20 milligrams
4. Fat: 5 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 3 grams
8. Sodium: 100 milligrams
9. Sugar: 34 grams

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