

Easy Mango Lassi

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-ice-block-recipe>

Ingredients:

- 1 cup lowfat plain yogurt
- 1 cup frozen mango or fresh, thawed, diced
- 1 teaspoon raw sugar
- 2 tablespoons hot water
- 1 pinch salt
- 2 ice cubes

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 12 grams
3. Fiber: 1 grams
4. Protein: 4 grams
5. Sodium: 120 milligrams
6. Sugar: 12 grams

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