

Raffles' Mango Lassi Breakfast Boost

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-mint-lassi-recipe-indian>

Ingredients:

- 1 1/2 cups frozen mango chopped
- 50 milliliters low fat milk
- 1 cup plain greek yogurt
- 1/4 teaspoon vanilla
- 1 teaspoon ginger fresh grated
- 1 teaspoon raw honey
- 1/4 teaspoon ground cardamom
- 1/2 teaspoon ground turmeric
- pistachio nuts 1 tspn. Crushed
- 1 tablespoon mint to serve

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 18 grams
3. Fat: 7 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 5 milligrams
8. Sugar: 13 grams

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