

# Custard Apple Basundi

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-custard-apple-smoothie-recipe>

## Ingredients:

- 1 liter full-fat milk
- 25 saffron strans
- 1/4 cup sugar
- 3/4 cup custard apple Pulp

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 25 milligrams
4. Fat: 8 grams
5. Protein: 8 grams
6. SaturatedFat: 5 grams
7. Sodium: 110 milligrams
8. Sugar: 28 grams

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