

Asian Spiced Mango Lassi

A refreshing and delicious as it is nutritious.



INGREDIENTS

(Makes about 1L)

Mango - peeled, seeded and cubed	400g
U.S. 2% Milk	50ml
Honey	30g
Cardamom, powdered	3g
Saigon Cinnamon, powdered	4g
Star Anise, powdered	2g
Pepper, white, finely ground	1g
Salt	1g
Ice	250g
U.S. Yogurt, low-fat	300g
Mint Sprig	to garnish

NUTRITIONAL CONTENT

Per 100g

Calories	57kcal
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	2mg
Total Carbohydrates	12g
Dietary Fiber	1g
Sugars	0g
Protein	2g
Calcium	65mg
Magnesium	7mg
Phosphorus	48mg
Potassium	82mg
Sodium	60mg
Iron	0mg
Vitamin A	296IU
Vitamin C	10mg

PREPARATION

1. **Mix mango, milk, honey, spices, seasonings, and ice in a blender at high speed until completely smooth.**
2. **Add low-fat yogurt.**
3. **Blend again briefly to incorporate.**
4. **Pour into serving glasses and garnish with mint sprig.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2014 U.S. Dairy Export Council.