

High Protein Mango Lassi

A rich and creamy concoction of mango and yogurt, this refreshing smoothie-style drink will be the perfect start to your day.

INGREDIENTS

	Quantity (g)	Usage Level
Yogurt Powder 60% Protein	14.5	23.14
U.S. Whey Protein Concentrate (Instantized)	14.5	23.14
Sucralose	0.065	0.10
Flavor Masking	0.25	0.40
Dairy Creamer (25%)	25	39.89
Xanthan Gum	0.13	0.21
Cellulose Gum	0.13	0.21
Flavor Mango	1.4	2.23
Flavor Cream	0.25	0.40
Flavor Yogurt Buds	2.25	3.59
Citric Acid	0.03	0.05
Orange Color	0.04	0.06
Vitamin Premix	0.12	0.19
Mineral Premix	4	6.38
Total	62.67	100

PREPARATION

1. Blend all the dry ingredients together till well-incorporated.
2. Pour all the blended ingredients into a sports shaker bottle.
3. Add in 250 - 350 ml of water.
4. Shake well and serve.



BENEFIT OF USING U.S. DAIRY

- Whey Protein Concentrate boosts protein content and contains all of the essential amino acids required for good health.

NUTRITION CONTENT PER 100G (BASED ON DRY-MIX):

Per 100g	
Calories	430kcal
Total Fat	13g
Saturated Fat	12g
Trans Fat	0g
Cholesterol	40mg
Total Carbohydrates	36g
Dietary Fiber	0g
Sugars	9g
Protein	32g
Calcium	781mg
Magnesium	169mg
Phosphorus	951mg
Potassium	1802mg
Sodium	170mg
Iron	6mg
Vitamin A	1991IU
Vitamin C	29mg

Rely on the dynamic lineup of U.S. Dairy to meet consumer demands in global product development. 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 prototype assistance to help develop and launch your next successful product. [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)
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This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed by U.S. Dairy Export Council Southeast Asia.