

# 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.*

## **Nutrition Content Per 100g (based on dry-mix):**

**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

## **Benefit of Using U.S. Dairy:**

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

## **Ingredients:**

Yogurt Powder	14.5g	Cellulose Gum	0.13g
60% Protein		Flavor Mango	1.4g
<b>U.S. Whey Protein Concentrate (Instantized)</b>	<b>14.5g</b>	Flavor Cream	0.25g
Sucralose	0.065g	Flavor Yogurt Buds	2.25g
Flavor Masking	0.25g	Citric Acid	0.03g
Dairy Creamer (25%)	25g	Orange Color	0.04g
Xanthan Gum	0.13g	Vitamin Premix	0.12g
		Mineral Premix	4g
		<b>Total</b>	<b>62.67g</b>

## **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.

Developed by U.S. Dairy Export Council Southeast Asia.

For additional information and recipes using U.S. dairy ingredients, visit: [www.ThinkUSAdairy.org/SEAsia](http://www.ThinkUSAdairy.org/SEAsia)



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