



Horizon Mango Lassi

Recipe Summary:

Prep Time: 15 minutes

Servings: 4, 1 cup

Additional Information:

This East Indian “milkshake” has it all.

It’s creamy delicious, nutritious and easy to prepare.

Ingredients

1-1/2 cups diced ripe mango (1-1/2 to 2 mangos)

1 cup ice cubes

Pinch of salt

1/2 tsp fresh lemon juice

2 Tbsp honey

1-1/2 cups Horizon Organic® plain yogurt (whole milk or fat free)

Mint leaves, garnish

Directions

In a blender, combine mango, ice cubes, salt, lemon juice and honey. Blend on high speed until mango is puréed, about 1 minute. Add yogurt and blend until thick and creamy, about 45 seconds. Serve in tall glasses garnished with mint and bendy straw.

Calories 114; Total Fat 0g; Cholesterol 2mg; Sodium 62mg; Total Carbohydrate 25g; Dietary Fiber 1g; Sugars 23g; Protein 4g; Vitamin A 9% DV; Vitamin C 32% DV; Calcium 14% DV; Iron 1% DV.

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