

Mango Lassi

Rich in protein and calories, this delicious smoothie is a must try!

INGREDIENTS

½ cup coconut water

¼ cup 2% Greek yogurt

Pinch of ground turmeric

Pinch of ground cardamon

½ cup frozen mango, cubed

1 tsp rose water

2 ice cubes

1 tsp agave nectar

PREPARATION

1. Combine all ingredients in a blender and mix to combine.
2. Taste and add more nectar or syrup, if desired.

NUTRITION FACTS (PER SERVING: 1 LASSI)

Kcal: 140 / Protein (g): 7 / Fat (g): 2 / CHO (g): 26 / Fibre (g): 3 / Ca (mg): 203 / Fe (mg): 1 / Na (mg): 68