

Mango Lassi

MAKES 2 SERVINGS

• **Preparation time: 5 minutes**

Eileen Campbell

1	ripe mango, peeled and chopped	1
1/2 cup	low-fat plain or vanilla yogurt	125 mL
1/2 cup	milk	125 mL
	Liquid honey	
1/2 cup	ice cubes	125 mL

This refreshing drink is a favorite at Indian restaurants. Now you can make it at home to serve with the spicy recipes in this book.

1. In blender, on high speed, blend mango, yogurt, milk, honey to taste and ice for 2 minutes or until smooth.

TIPS

If fresh mangoes are not available, you may be able to find frozen mangoes in the freezer section of your grocery store. Substitute 1 cup (250 mL) frozen mango chunks.

This drink keeps well in the refrigerator overnight.

 **KID APPROVED**

Mangoes

If you'll be using the mango right away, be sure to buy a ripe one. Mangoes are ripe when they can be easily indented with your thumb. Avoid mangoes that are so ripe they feel mushy.

Mangoes have large, flat stones in the middle. It is a little tricky to remove the fruit, but if you follow these simple instructions, the task should be easier: Make an initial cut about 1/2 inch (1 cm) from the center and cut off a long slice of mango. Do the same on the other side. For each of these pieces, use a sharp knife to score the flesh in long lines, first lengthwise, then crossways, cutting almost through to the skin to create small cubes. Using a spoon, scoop cubes from skin. Peel the stone section, remove any flesh from the outside edges and cut into cubes.

NUTRIENTS Per Serving

Calories: 190	Carbohydrate: 38.8 g	Calcium: 203 mg
Fat: 2.7 g	Fiber: 3.3 g	Iron: 0.3 mg
Sodium: 72 mg	Protein: 6.2 g	

Very high in: Vitamin A, vitamin C and vitamin B₁₂ • **High in:** Calcium, riboflavin, vitamin B₆ and folate • **A source of:** Dietary fiber

Diabetes Food Choice Values Per Serving

2 1/2 Carbohydrates