

Mango Lassi

PREP TIME: n/a

BLEND TIME: 3 minutes

COOK TIME: n/a

TOTAL TIME: Less than 5 minutes

EQUIPMENT: n/a

INGREDIENTS:

1 ½ cups (242 g) frozen mango chunks

1 ½ cups (367 g) whole fat plain yogurt

½ cup (114 g) heavy whipping cream

1 teaspoon (4 g) extra fine sugar

½ - 1 teaspoon ground cardamom

Fresh mint (optional, as garnish)

INSTRUCTIONS:

Add all the ingredients into your KitchenAid® 400 blender and set to Icy Drink setting. Blend for 30-45 seconds, or until frothy. Serve with a sprig of mint.

CHEF'S NOTES:

This recipe makes a smooth lassi. If you prefer more of a milkshake consistency, add ½ cup of ice when blending.

Add cardamom and sugar to your flavor preference.

MAKES (3) 8oz SERVINGS

Nutrition - 1 Serving

| | | |
|-------------------------|---|---------------------------------|
| 306 calories 18g fat | 36g carbs 5g protein 31g sugars 3g dietary fiber | 65mg cholesterol 56mg sodium |
|-------------------------|---|---------------------------------|

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