

Mango Lassi



5 min. 151 kcal SteviaSweet Liquid

Preparation

Mix all the ingredients with a hand blender or a blender and pour into glasses.

Ingredients for 4 servings

500 ml	milk
200 g	natural yogurt
200 ml	unsweetened pure mango
1 tsp	SteviaSweet Liquid
1 tsp	turmeric
1 tsp	cinnamon

Nutritional information per portion

151	kcal
635	kJ
6.5	g Protein
15.5	g Carbohydrates
7	g Fat