

Mango Lassi



Preparation time: 5 minutes

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

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

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: 136	Protein: 6 g
Fat: 2.4 g	Carbohydrate: 25 g
Saturated Fat: 1.4 g	Fiber: 2 g
Sodium: 71 mg	

Very high in: vitamin A, vitamin B12
High in: vitamin C, riboflavin, calcium
Source of: thiamine, niacin, vitamin B6, folacin, pantothenic acid, magnesium, zinc, fibre

MAKES 4 SERVINGS

Eileen Campbell

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.

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.

Diabetes Food Choice Values Per Serving

2 1/2 Carbohydrates