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.

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Diabetes Food Choice Values Per Serving

21/2 Carbohydrates

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