

# Mango Lassi

Serves: 4

Taken from the Food Network

**Items Needed:** cutting board, kitchen knife, measuring spoons, measuring cups, blender

## Ingredients:

2 ripe, sweet mangos  
1 ½ c plain non-fat yogurt  
2 TB honey  
2 cups ice

## Directions:

1. Peel and dice the mango, add to the blender and puree until smooth
2. Add the rest of the ingredients and puree until the ice is crushed and the drink is frothy
3. Serve in tall glasses with additional ice if desired

## Nutrition Information (per 1 cup serving):

Calories: 140 Fat: 0g Carbs: 33g Protein: 4.5g Fiber: 2 g Sodium: 53 mg

Recipes are sent to Lauren Battista and the demo kitchen at Giant Eagle with logos to be added by the Giant Eagle marketing group. **Ensure final proof before copies are made include the Medical Center logo, the Wellness Office logo and the Giant Eagle Market District logo, RD name and credentials doing the demo.**