

All About Deepavali...

Mango Lassi

Serve: 4 pax



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> • 2 cups low-fat yogurt, plain • 1½ cups mango, fresh & pureed • 2 cups of water, cold • ¼ tsp of cardamom <p><u>Optional</u> Equal sugar</p>	Energy (kcal)	159
	Carbohydrate (g)	25.6
	Protein (g)	8.1
	Fat (g)	2.5
	<ul style="list-style-type: none"> • Saturated Fat (g) 	1.7
	<ul style="list-style-type: none"> • Polyunsaturated Fat (g) 	0.1
	<ul style="list-style-type: none"> • Monounsaturated Fat (g) 	0.6
	Cholesterol (mg)	8
	Dietary Fibre (g)	1.4
	Sodium (mg)	105
	Potassium (mg)	497
	Phosphate (mg)	214

METHODS

1. Blend everything together to a smooth consistency in a blender.
2. Serve chill.

NUTRITION & DIETETICS DEPARTMENT

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