

Market District Demo Recipes

Dessert



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Mango Lassi

Serves: 4

Modified from: www.FoodNetwork.com

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

Ingredients:

- 2 ripe, sweet mangoes
- 1 ½ cups plain non-fat yogurt
- 2 Tablespoons 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: 0 g Carbs: 33 g Protein: 4.5 g Fiber: 2 g Sodium: 53 mg