

BEVERAGES / INDIA

Mango Lassi

This creamy refreshing drink has almost no fat and provides 16 percent of your daily calcium requirement as well as generous amounts of vitamins.

*Top to bottom: Mango Lassi, Pineapple Rice Pudding, Curried Chicken
and Mango Chutney Salad*

24 oz (750 g) plain low-fat yogurt
2 ripe mangoes, peeled, seeded and cubed
1 ripe banana
¼ cup (2 oz/60 g) sugar
20 ice cubes

SPRING

1. Place the yogurt, mango, banana and sugar in a blender, and blend until well mixed.
2. Add the ice cubes, and continue to blend until the ice is almost completely pulverized and the mixture is frothy.
3. Pour into chilled glasses, and serve at once.

Serves 8

1 glass per serving: Calories 130, Protein 5 g, Carbohydrates 24 g, Fiber 1 g, Total fat 2 g (Saturated 1 g, Monounsaturated .5 g, Polyunsaturated 0 g), Cholesterol 5 mg, Sodium 60 mg, Vitamin A 40%, Vitamin C 25%.

▲ 1/2 Fruit, 1/2 Milk