



**MANGO LASSI  
WITH MINT**

# MANGO LASSI WITH MINT



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
180 kcal  
6g Fats  
34g Carbs  
8g Protein



## WHAT YOU NEED

- 1 ripe mango
- 8.8 oz. (250g) natural yogurt, 0% fat
- 2/5 cup (100ml) water
- 1-2 tsp. stevia
- 4 handfuls spinach
- 4 tbsp. mint leaves, chopped

## WHAT YOU NEED TO DO

*Place all ingredients into a high-speed blender and blend until smooth. Serve in glasses.*