



# MANGO LASSI

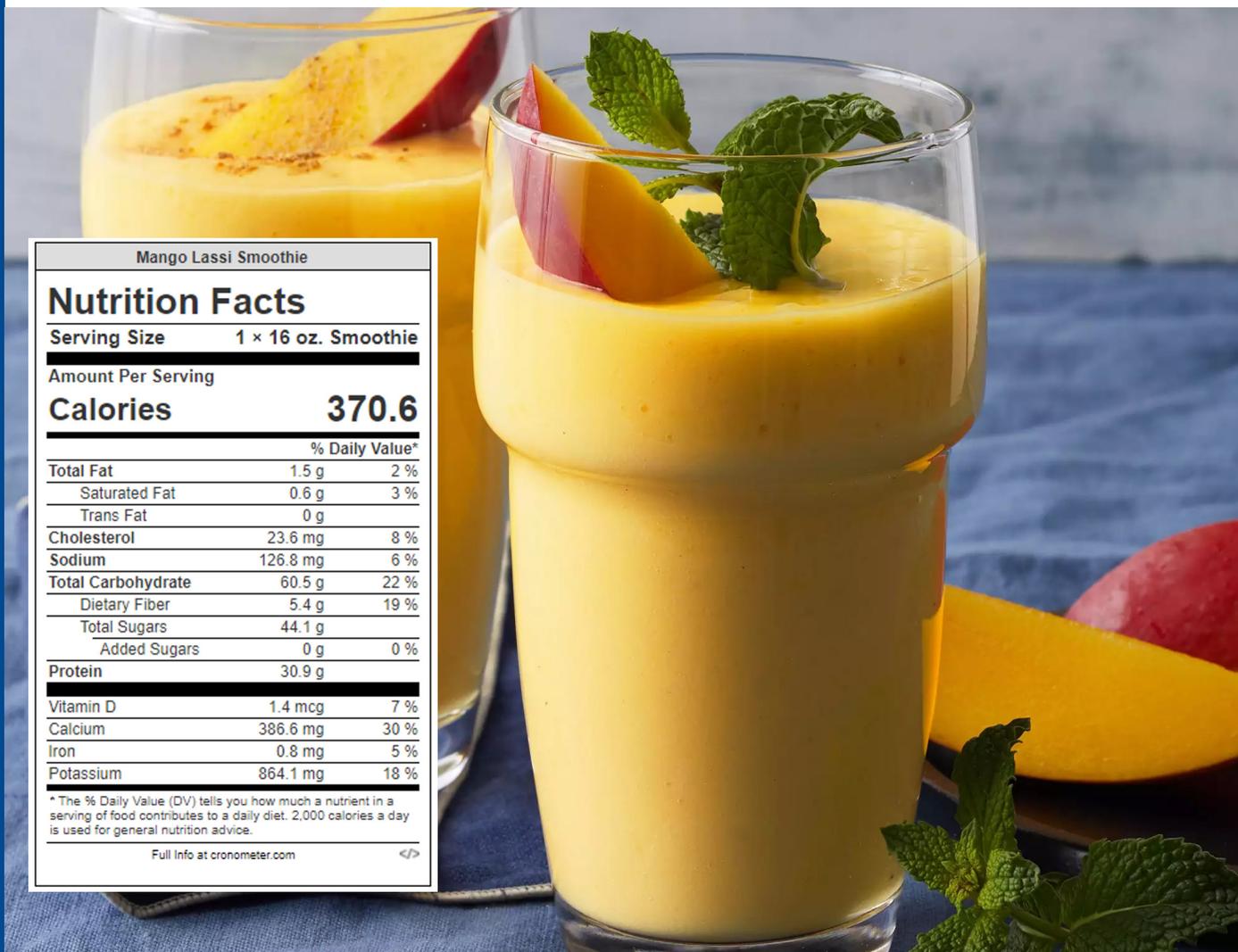
## INGREDIENTS

- 1 cup frozen mango
- 1 frozen banana
- 1/2 cup plain nonfat yogurt
- 1/2 cup skim milk
- 1/4 tsp cinnamon
- 1/2 scoop vanilla protein powder



## DIRECTIONS

Add all ingredients to the blender, starting with the milk. Blend until completely smooth.



Mango Lassi Smoothie		
<b>Nutrition Facts</b>		
<b>Serving Size</b>	<b>1 × 16 oz. Smoothie</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>370.6</b>	
	% Daily Value*	
<b>Total Fat</b>	1.5 g	2 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
<b>Cholesterol</b>	23.6 mg	8 %
<b>Sodium</b>	126.8 mg	6 %
<b>Total Carbohydrate</b>	60.5 g	22 %
Dietary Fiber	5.4 g	19 %
Total Sugars	44.1 g	
Added Sugars	0 g	0 %
<b>Protein</b>	30.9 g	
<b>Vitamin D</b>	1.4 mcg	7 %
<b>Calcium</b>	386.6 mg	30 %
<b>Iron</b>	0.8 mg	5 %
<b>Potassium</b>	864.1 mg	18 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at [cronometer.com](http://cronometer.com)