

Mango Lassi Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Add all the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Nut-Free

Use coconut milk or dairy milk instead.

No Frozen Mango

Use fresh mango instead.

No Coconut Yogurt

Use plain dairy yogurt or Greek yogurt instead.

Likes it Sweet

Add honey or maple syrup to taste.

Ingredients

- 1 cup Frozen Mango
- 3/4 cup Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconut Yogurt
- 1 tbsp Lemon Juice
- 1/4 tsp Cardamom
- 1/4 tsp Cinnamon
- 1/4 tsp Vanilla Extract