

MANGO LASSI

NOURISHING DRINKS

This is a great drink to have if appetite is poor or you need an extra boost of calories. You can mix it up with different flavours but you can't beat the original Mango Lassi.



1 SERVING

PREP TIME: 5 MINS



INGREDIENTS

- ½ **mango** -peeled
- 250g **full fat Greek yogurt**
- 115ml **Full fat milk**
- 1 tablespoon **honey**

METHOD

1. Prepare the mango by peeling it, removing the stone and chopping it into smaller pieces.
2. Place mango, Greek yogurt, milk and honey into a blender
3. Blend all ingredients until smooth
4. Pour into a glass and serve

NUTRITIONAL INFORMATION PER PORTION

ENERGY: 512 KCAL

FATS: 30.2g

PROTEIN: 14.9g

CARBOHYDRATES: 50.8g **OF WHICH SUGAR** 37g

FIBRE: 1.9g



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All our recipes are created by a registered oncology dietitian. These recipes are intended as a source of ideas for meals, drinks, and snacks that could be incorporated into your diet if you require a high-energy diet during and after cancer treatment. However, it is essential to consult with your medical team for personalized advice tailored to your specific treatment pathway.