

Mango lassi (Yogurt & milk drink) – Feeds 1



Ingredients



½ cup chopped fresh mango



1 tablespoon of natural yoghurt



½ teaspoon of honey



¼ cups of milk



½ cups of milk

Equipment



Preparation



Score the mango with a knife



Scoop out the mango





1 Place 1/2 cup of fresh mango in a bowl



2 Add 1/2 teaspoon of honey



3 Add 1 tablespoon of yoghurt



4 Add 1/4 cup of milk



5 Mix

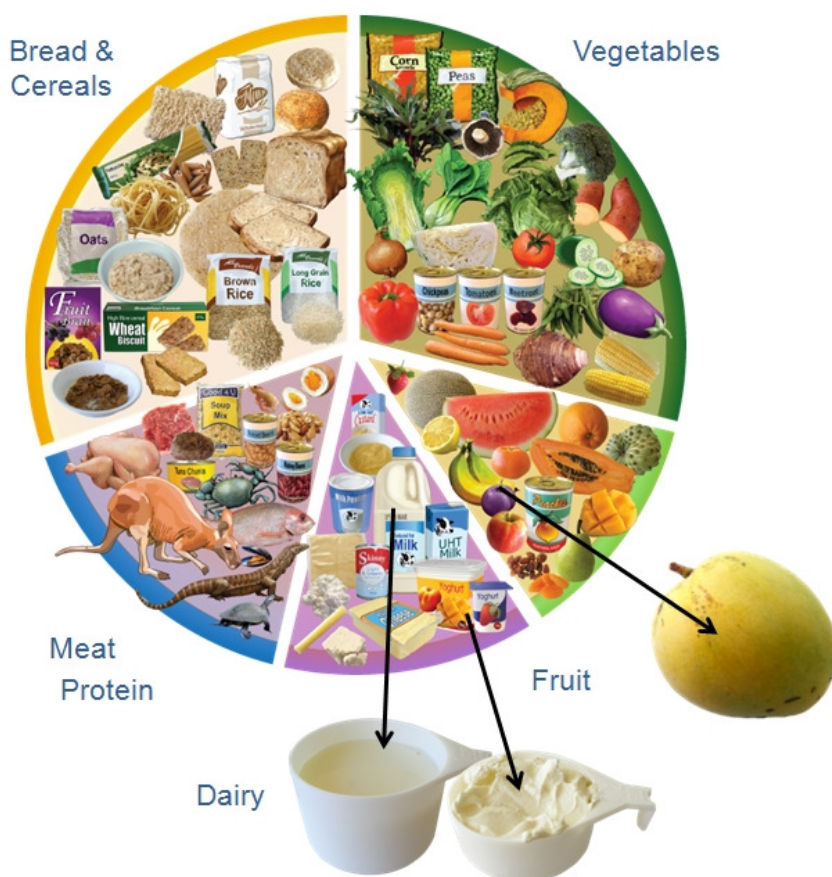


6 Add 1/2 cup of milk and mix



7 Pour into a cup

Food groups



Serves in 1 cup of fruit smoothie



1/2 serve of fruit



1/4 serve of light milk



1/2 serve of light milk



1/6 serve of natural yoghurt

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

Key skills:

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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