

Mango lassi (Yogurt & milk drink) – Feeds 1



Equipment



Preparation



Score the mango with a knife



Scoop out the mango



Ingredients



½ cup chopped fresh mango



1 tablespoon of natural yogurt



½ teaspoon of honey



¼ cups of milk



½ cups of milk



1 Place ½ cup of fresh mango in a bowl



2 Add ½ teaspoon of honey



3 Add 1 tablespoon of yoghurt



4 Add ¼ cup of milk



5 Mix

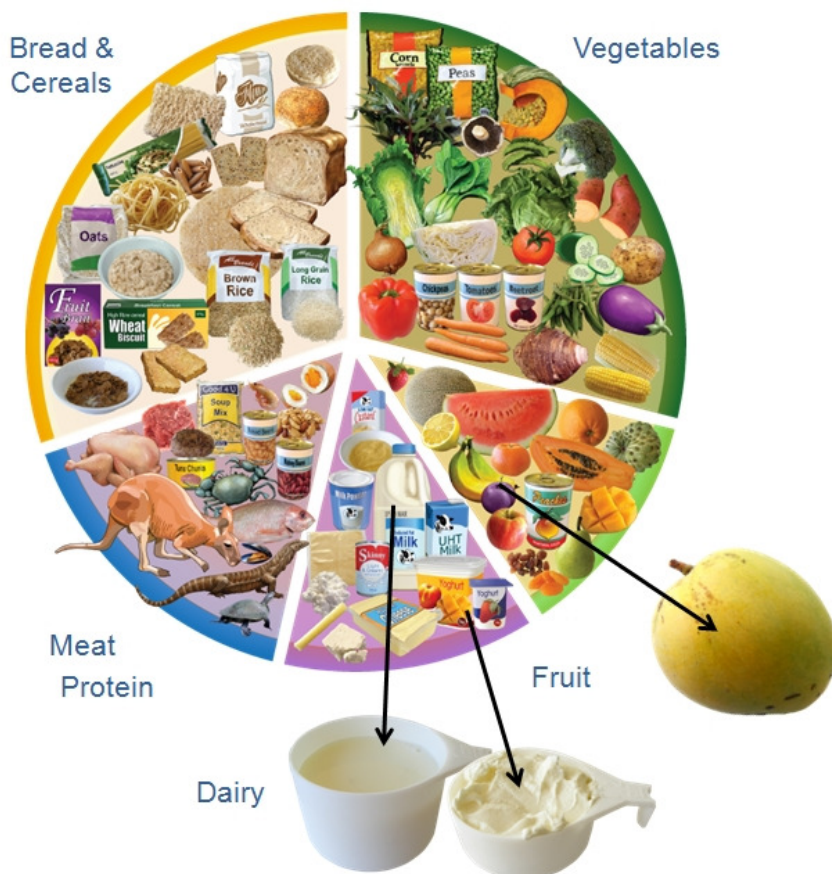


6 Add ½ cup of milk and mix



7 Pour into a cup

Food groups



Serves in 1 cup of fruit smoothy



½ serve of fruit



¼ serve of light milk



½ serve of light milk



⅓ 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 at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

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.

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