DietCloud – Recipe

Recipe Name: Kesar Mango Lassi Recipe - Saffron Mango Lassi Recipe

Diet Type:

Course: Snack

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 3/4 cup Mango Pulp (Puree) • 1 cup Curd (Dahi / Yogurt) - (low fat) • 1 tablespoon Sugar - or honey • 2 pinch Saffron strands • 3 tablespoons Badam (Almond) - roughly chopped • 3 tablespoons Milk - luke warm+more cold milk as needed • Ice cubes - a few	2

Preparation

• To begin making Kesar Mango Lassi Recipe, soak one pinch kesar in 2 tablespoons warm milk and keep it aside for few minutes.
• Get prep with other ingredients as well.
• Take out the pulp from the mangoes and keep aside.
• In a blender, add mango pulp, curd/yogur.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	5	35	10	2	30