



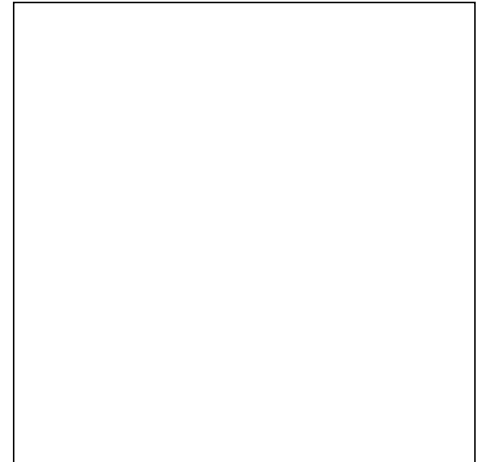
Recipe Name: Kesar Mango Lassi Recipe - Saffron Mango Lassi Recipe

Diet Type:

Course: Snack

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 3/4 cup Mango Pulp (Puree)	2
• 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	

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