

Mango Turmeric Lassi

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Preparation Time: 10-15 minutes

- Equipment: blender

Ingredients

6 servings

3 cups (420 g) cubed frozen mango
3 cups (750 ml) water
2¼ cups (560 ml) non-dairy yogurt
1½ tsp (2 g) turmeric, ground
¼ tsp cardamom, ground
Pinch of ground black pepper
2 tsp (10 ml) maple syrup or honey (optional)

Garnish

Pinch of cardamom

24 servings

12 cups (1.68 kg) cubed frozen mango
12 cups (3 L) water
9 cups (2.25 L) non-dairy yogurt
2 tbsp (12 g) turmeric, ground
¾ tsp cardamom, ground
1 tsp ground black pepper
3 tbsp (45 ml) maple syrup or honey (optional)

Garnish

Pinch of cardamom

Directions

1. In a blender, add all ingredients and blend until smooth.
2. Pour into glasses and garnish with a pinch of cardamom.

Tips:

- 1) For 24 servings, blending will have to be done in batches. Follow the 6-serving quantities and repeat 4 times.
- 2) For easier blending, always fill the bottom of the blender with a liquid first before adding remaining ingredients.
- 3) In lieu of coconut yogurt try almond or cashew for a lower saturated fat version.
- 4) If the mangoes are particularly ripe you may not even require the maple syrup or honey.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 90	% Daily Value* % valeur quotidienne*
Fat / Lipides 3 g	4 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 0 g	
Carbohydrate / Glucides 19 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 13 g	13 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 75 mg	3 %
Potassium 20 mg	1 %
Calcium 150 mg	12 %
Iron / Fer 0.3 mg	2 %
Vitamin A / Vitamine A 30 mcg	3 %
Vitamin C / Vitamine C 18 mg	20 %
Vitamin E / Vitamine E 0 mg	0 %
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Intro: Up your lassi game by including one of the most anti-inflammatory foods known to human kind, turmeric. Aside from containing high levels of anti-inflammatory properties this whole food, contemporary version of a tried and true classic provides an indulgent jump start to the day or an ideal afternoon pick me up. You could also pair it with a spicy, vegetable heavy curry atop whole grains to help calm and cool down your taste buds while simultaneously consuming a complete, balanced meal.

Symbols: high source of fibre, good for bowel motility, nausea and fatigue, kid friendly, good for all seasons, easy to swallow, nut free, soy free

Functional foods present: orange fruits (mango), probiotic (yogurt), spices

Examples of phytonutrients and anti-oxidants present: vitamin C (mango), curcumin (turmeric), indole-3-carbinol and di indolylmethane (cardamom)