

# LASSI MANGO SMOOTHIE

## Ingredients for 3 servings (750 ml):

- 350 g of the PURENA mango purée
- 120 ml of cold water
- 1 tbsp of honey
- 330 g of natural yoghurt
- a pinch of cinnamon



## DIRECTIONS:

1



Pour the mango puree and water into a blender.

2



Add honey, yoghurt and cinnamon.

3



Blend or mix all the ingredients into a smooth paste.

## Nutrition info:

100 g  
63 kcal

1 serving  
174 kcal

Consume the prepared smoothie within 24 hours. Store the opened PURENA packet in the refrigerator for 7 days.