

# High Protein Mango Lassi



*A rich and creamy concoction of mango and yogurt, this refreshing smoothie-style drink will be the perfect start to your day.*

**Nutrition Content Per 100g (based on dry-mix):**

Calories 430kcal; Total Fat 13g; Saturated Fat 12g; Trans Fat 0g; Cholesterol 40mg; Total Carbohydrates 36g; Dietary Fiber 0g; Sugars 9g; Protein 32g; Calcium 781mg; Magnesium 169mg; Phosphorus 951mg; Potassium 1802mg; Sodium 170mg; Iron 6mg; Vitamin A 1991IU; Vitamin C 29mg

**Benefit of Using U.S. Dairy:**

- Whey Protein Concentrate boosts protein content and contains all of the essential amino acids required for good health.

**Ingredients:**

Yogurt Powder	14.5g	Cellulose Gum	0.13g
60% Protein		Flavor Mango	1.4g
<b>U.S. Whey Protein Concentrate (Instantized)</b>	<b>14.5g</b>	Flavor Cream	0.25g
Sucralose	0.065g	Flavor Yogurt Buds	2.25g
Flavor Masking	0.25g	Citric Acid	0.03g
Dairy Creamer (25%)	25g	Orange Color	0.04g
Xanthan Gum	0.13g	Vitamin Premix	0.12g
		Mineral Premix	4g
		<b>Total</b>	<b>62.67g</b>

**Preparation:**

1. Blend all the dry ingredients together till well-incorporated.
2. Pour all the blended ingredients into a sports shaker bottle.
3. Add in 250 - 350 ml of water.
4. Shake well and serve.

Developed by U.S. Dairy Export Council Southeast Asia.  
For additional information and recipes using U.S. dairy ingredients, visit: <https://www.usdairyexcellence.org/>