



Nourish Recipe

Mango Lassi Milkshake

Servings: 2

Recipe courtesy of
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Ingredients

½ cup almond milk

½ cup coconut cream or full-fat coconut milk

1 cup frozen mango pieces

2 tsp vanilla extract

1 Tbsp raw honey or pure maple syrup

2 Tbsp shredded unsweetened coconut



What you'll need



measuring
cups



measuring
spoons



blender

Nutrition Facts

Servings 2

Amount Per Serving

Calories 377

% Daily Value

Total Fat 30.3g 39%

Saturated Fat 26.8g 134%

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 26.6g 10%

Dietary Fiber 4.6g 16%

Sugars 21.3g

Protein 2.9g

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 3mg 16%

Potassium 470mg 10%

Instructions

1. Blend all ingredients in a high-speed blender.
2. Serve and sprinkle with some shredded coconut, if using.



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