



HOME CHEF

MANGO PEACH LASSI SMOOTHIE (BLENDER REQUIRED)

With Greek Yogurt, Orange, and Honey



Our Indian inspired "lassi" smoothie is a cool breeze of flavor flowing over your taste buds. Peach, mango, and orange supply the sweetness, while the greek yogurt and lemon provide the tangy counterpoint for an overall delightful drink.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 256
Carbohydrates: 59g
Fat: 1g
Protein: 9g
Sodium: 37mg
per serving

DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



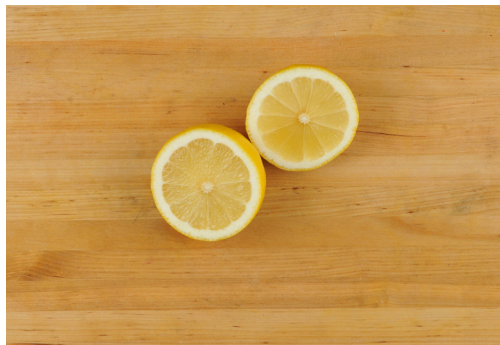
NUT-FREE



SOY-FREE

INGREDIENTS

1 Lemon
4 Oz. Frozen Peaches
4 Oz. Frozen Mangoes
5.3 Oz. Greek Yogurt
8 Oz. Orange Juice
3 Tbsp. Honey



Halve Lemon

Cut **lemon** in half.



Blend the Smoothie

Place **all ingredients**, 2 cups **ice** and **juice of the lemon** (to taste) in a blender. Blend on high until desired consistency is reached.

WHAT YOU NEED

Ice



Drink up!

Pour into two glasses and enjoy.

EQUIPMENT

Blender/Food Processor/
Immersion Blender

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