

Papaya Lassi



Ingredients:

1 small (8 oz) ripe papaya (seeds removed and cut into ½ inch cubes)
1 tsp honey
Juice of ½ lime
¼ tsp ground cardamom
1 cup Greek yogurt (plain, fat free)
1 cup water
¼ cup ice cubes
1 bunch mint leaves (stems removed)

Directions:

1. Combine all lassi ingredients in a food processor and blend until smooth.
2. Serve in 6 tall thin glasses and garnish with mint leaves and ground cardamom before serving.

Nutritional Information

Calories40
Total Fat..... 0 g
Saturated Fat0 g
Cholesterol 0 mg
Total Carbohydrate.... 6 g
Dietary Fiber 1 g
Protein 4 g
Sodium 15 mg

Serving Size4 oz

Recipes yields..... 6 servings

Prep time: 5 minutes

Adjusted from:
<https://www.diabetesfoodhub.org/recipes/papaya-lassi.html>