

Mango Lassi Smoothie

Ingredients

- 1 1/2 cups 1% low-fat milk
- 1 cup plain low-fat yogurt
- 1 tablespoon honey
- Dash of ground cardamom
- 2 cups chopped peeled ripe mango, frozen (about 2 medium)

Preparation

Combine first 4 ingredients in a blender; pulse to combine. Add mango to blender; process until smooth.