

Extra Low Glycemic Recipes

Drinks

Mango Lassi (serves 4)

100 calories, 21 g carbohydrates, 3 g protein, 1 g fat

2 mangos, partially frozen

1 cup plain yogurt

Peel and dice mangos. Place in freezer to partially freeze for about 30-45 minutes (or use frozen mangos, partially thawed). Puree in food processor. Add plain yogurt slowly to the desired consistency (approximately 1 cup) and puree. Serve at once in chilled glasses.