THE LIGHTER PLATE METHOD

Mango, Turmeric & Coconut Shake

A lassi-inspired tropical shake with a warm spiced backnote.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**2**	**EASY**

Ingredients

- 250 g frozen mango chunks
- 300 ml coconut milk drink
- 0.5 tsp ground turmeric
- 1 lime
- 0.25 tsp ground cardamom
- 2 tsp honey

Method

1. Put the coconut milk drink, turmeric, cardamom, honey and the juice of half the lime into the blender.
2. Add the frozen mango.
3. Blend on high for 40 seconds until thick and smooth.
4. Taste, add more lime if it needs lifting, and pour into two glasses.

Tips & swaps

- Turmeric stains everything it touches, blender jugs included; rinse straight away. Frozen mango gives a far better texture here than fresh.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
210	**2g**	**32g**	**9g**	**3g**

Estimated values, for guidance only.