

Breakfast Lassi

IDDSI Level 4

Breakfast

Recipe source: Dishoom

Time to make: 10 minutes

Servings: 2

Ingredients:

1 ripe banana
100ml coconut milk
140g full-fat Greek yoghurt
50ml mango puree (fresh or tinned)
2 tsp oats
3 tsp runny honey
½ tsp cumin
Pinch of salt
4 ice cubes

Instructions:

- Roughly chop the banana.
- Blitz your mango.
- Put all of the ingredients into a blender.
- Add 160ml water and blitz until completely smooth.

Dietitian's Top Tips:

- Tinned or frozen fruit is good to have in your store cupboard or freezer as it contains vitamins and minerals and can be quick and easy to puree.
- If you are trying to lose weight, you can opt for low-fat Greek yogurt for a lower calorie option.

