

## Frozen Mango Lassi

In a blender, combine 1 cup **mango sorbet** and 1 cup **plain yogurt**. Whirl until smooth and pour into a chilled tall glass. If desired, garnish with a fresh **mint leaf**. Makes 2 cups; 1 to 2 servings.

Per serving: 189 cal., 17% (33 cal.) from fat; 3.9 g protein; 3.7 g fat (2.4 g sat.); 36 g carbo (1 g fiber); 52 mg sodium; 15 mg chol. ◆