

Mango Lassi

Use organic ingredients whenever possible for better taste and greater health.



Ingredients:

- 1 large fresh mango or 1 cup frozen mango with water
- ½ cup yogurt or rice milk
- 2 scoops of Balance Complete or Power Meal
- 2 cups of rice milk
- 1 drop Young Living cinnamon oil
- 1 drop Young Living ginger oil

Instructions:

1. If frozen mango is used, put frozen mango and a little water in blender and blend until smooth.
2. Put the rest of the ingredients into blender and blend until smooth.
3. Serve.