

Mango Lassi Parfait

Ingredients

- *For the macerated mangos*
- 2 Mangos, diced
- 2 Tbsp Powdered sugar
- 1 tsp Vanilla extract
- ½ tsp Cardamom, ground
- *For the yogurt whipped cream*
- 1 cup Heavy cream
- 2 Tbsp Powdered sugar
- 1 tsp Vanilla extract
- 1 cup Greek yogurt, plain, nonfat
- *For the parfait assembly*
- 2 Tbsp Pistachios, chopped

Directions

1. Make the macerated mango: in a medium bowl, combine the diced mango, powdered sugar, vanilla, and cardamom and stir to combine. Allow to rest in the refrigerator for about 20 minutes
2. Make the yogurt whipped cream: in a large bowl, whip the heavy cream with an electric mixer or by hand, using a whisk. Once soft peaks have formed, whisk in the sugar and vanilla
3. In a separate medium bowl, whisk the yogurt to ass air and make it lighter and fluffier. Gently fold the lightened yogurt into the whipped cream bowl, just until combined. Set Aside.
4. Assemble the parfaits: Using 6-8 oz. jars or glasses, place about 2 Tbsp of the mango mixture then top with about 2 Tbsp of the whipped cream.
5. Repeat this process to have two layers of each. Top with the chopped pistachio.



Nutrition Facts

6 servings per container

Serving size

**1/4 cup mango + 1/4 cup cream + 1 tsp
nuts (199g)**

Amount Per Serving

Calories **260**

% Daily Value*

Total Fat 16g **21%**

Saturated Fat 9g **45%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 25mg **1%**

Total Carbohydrate 25g **9%**

Dietary Fiber 2g **7%**

Total Sugars 23g

Includes 5g Added Sugars **10%**

Protein 6g **12%**

Vitamin D 0.6mcg 4%

Calcium 90mg 6%

Iron 0.3mg 2%

Potassium 320mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Notes

CONTAINS: MILK, PISTACHIOS