

Mixed Fruit Lassi

SERVING: 2

RECOMMENDED
FOR
CHILDREN
GROUP



INGREDIENTS:

- 2 kiwis
- 1/2 orange
- 1 cup low-fat yogurt
- 1 1/2 tbsp honey
- 1/2 cup low-fat milk
- 1 level scoop **NUTRILITE Soy Protein Powder Mixed - Mixed Berries Flavor**



PREPARATION METHOD:

- 1 Add chopped kiwi and orange into the blender. Pour the milk and blend till smooth.
- 2 Add **NUTRILITE Soy Protein Powder Mixed - Mixed Berries Flavor**, honey and yogurt. Blend again until well mixed.
- 3 Serve immediately.

Nutrition fact per serving

Calories	Carbohydrate	Protein	Fat	Vitamin C	Calcium
239.5 kcal	34.4 g	17.1 g	4.2 g	90.3 mg	314.5 mg



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