Kiwi fruit lassi

Preparation time

5 minutes

Serves

2

Recipe courtesy of

Juhi Bhambhaney, Accredited Practising Dietitian



Ingredients Method Nutrition

2 small green kiwi fruit (with skin)

2 tbsp linseeds

2-3 tbsp low fat Greek yoghurt

Water as needed (for a smooth consistency)

1 tsp salt

1 tsp chunky chaat masala (available in most grocery stores)

Optional serving suggestion: mint leaves and ice cubes

1. Add the kiwi fruit, linseeds, yoghurt and water to a blender, and blend until smooth.
2. Add in salt and masala and blend to combine.
3. Serve and add any garnishes (for example, mint)

Nutritional information is provided per serve

Engery	574kJ (137 calories)

Protein	5g
Saturated Fat	0.8g
Total Fat	7g
Carbohydrates	9g
Sugars	9g
Dietary Fibre	9g
Sodium	1183mg