



Surprise coconut smoothie

Serving: 1

Veg

Ingredients

- -1/2 cup mango cubes
- -1/2 cup coconut milk
- -1/4 cup chilled fresh curds (dahi)
- -1/2 tsp sugar substitute
- -1 pinches cardamom (elaichi) powder

Preparation Method

- -Combine the coconut milk, mango pulp, curds, sugar and cardamom powder and blend in a juicer till the mixture is smooth and frothy.
- -Pour equal quantities of the smoothie into 2 individual glasses.
- Serve immediately