

Mango Lassi Parfait

A mango lassi is an Indian yogurt-based beverage featuring fresh mangoes. This recipe uses the drink as inspiration to create a light dessert with a fun presentation.

YIELD 6 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

For the Macerated Mango:

2 each	Mangoes, 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
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CHEF'S NOTES

Macerating fresh fruit allows fruits to soften and release their natural juices to create a light syrup. It can be done quickly with just a little sugar, but you can also use fruit juice, wine, or liquor for added flavor.

Cardamom and pistachio are a classic flavor pairing for this dessert, but you could also flavor your macerated mango with rosewater, saffron, or coconut.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. 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.
3. 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.
4. In a separate medium bowl, whisk the yogurt to add air and make it lighter and fluffier. Gently fold the lightened yogurt into the whipped cream bowl, just until combined. Set aside.
5. Assemble the parfaits: Using 6 - 8oz. jars or glasses, place about 2 Tbsp of the mango mixture then top with about 2 Tbsp whipped cream in each jar. Repeat this process to result in two layers of each element. Top each parfait with about 1 tsp of chopped pistachio. Store the parfaits in the refrigerator to chill before serving.

Nutrition Facts

6 servings per container

Serving 8 oz. parfait (1/4 cup mango + 1/4

Size cup cream + 1 tsp nuts) (160 g)

Amount per serving

Calories 180

% Daily Value *

Total Fat 9g	12%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 15mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Total Sugars 21g	
Includes 4g Added Sugars	7%
Protein 4g	8%
Vitamin D 0.33mcg	0%
Calcium 50mg	4%
Iron 0.34mg	0%
Potassium 300mg	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.

