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Mango Lassi Parfait

Ingredients: (Serves 4)

- 1-1/2 cups cold low-fat yogurt
- 2-1/2 cups freshly pureed ripe mango
- 1 Tbsp sugar or more to taste
- One dash of pure vanilla, optional

Directions:

Puree all ingredients in blender and chill for 1/2 hour. Serve chilled in stem glasses over freshly sliced strawberries or your favorite fruit and/or granola. Garnish with a mint sprig.