Mango Lassi



Ready in 5 minutes Serves 1

Ingredients

- 1 oz Mango Crystals (½ cup)
- 1 cup kefir
- 1 tablespoon honey
- ½ teaspoon Ceylon cinnamon (optional)

Preparation

- 1. Put everything into a shaker and shake, shake, shake.
- 2. Drink up!