

Indian Mango Shrikhand

Prep Time: 15 min + 1 hr chilling

Ingredients (serves 4):

- 2 cups low-fat Greek yogurt
- 3/4 cup mango purée
- 1/4 tsp cardamom
- Few strands of saffron (optional)
- 2 tbsp chopped pistachios

Procedure:

1. Mix yogurt, mango purée, cardamom & saffron.
2. Chill 1 hour before serving.
3. Top with pistachios.

Nutrition: ~160 kcal • Protein 10 g • Fat 4 g • Carbs 18 g

Benefits:

- Vitamin A from mango
- Cooling and digestion-friendly
- Low in calories and sugar