

Thailand – Mango Sticky Rice Frozen Yogurt

Prep Time: 15 min + 4 hr freezing

Ingredients (serves 4):

- 2 cups Greek yogurt
- 1 cup mango purée
- ½ cup cooked sticky rice
- Optional: coconut flakes or mango cubes

Procedure:

1. Blend yogurt & mango purée.
2. Gently swirl in sticky rice.
3. Freeze 4 hours until set.
4. Serve with mango cubes & coconut flakes.

Nutrition: ~170 kcal • Protein 8 g • Fat 4 g • Sugar 14 g

Benefits: Vitamin C from mango • Fiber-rich rice • Naturally sweet without refined sugar