



## Cantaloupe and Orange Lassi with Anise



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



116 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 2 tablespoon honey
- ☐ 1.5 ice cubes
- ☐ 1 juice of orange juiced
- ☐ 1 cup milk kefir plain low-fat cold
- ☐ 0.3 cup pernod
- ☐ 1 pinch salt

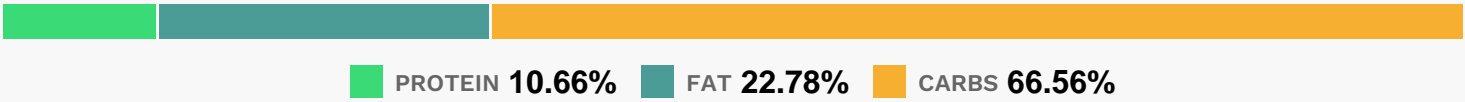
### Equipment

- ☐ blender

# Directions

- ☐ Put the cantaloupe, orange juice, Pernod (if using) yogurt, honey and salt in a blender and blend until well blended. You may have to work in batches. In which case transfer the blended mixture to a pitcher while you finish the job. This may set aside up to one day in advance.
- ☐ Make each lassi individually by adding ½ cup ice, and about ¼ of the cantaloupe mixture to a blender. Blend until well blended. This may be best achieved by pulsing the mixture 6 or 8 times and then running the machine at high for about 1 minute. Machines vary in power so use your judgment. You goal is a thick frothy mixture that moves easily in the blender jar.
- ☐ Taste the lassi and correct the seasoning with additional honey or salt, if desired.
- ☐ Pour into chilled glasses and serve at once garnished with orange slices and mint.

## Nutrition Facts



## Properties

Glycemic Index:26.07, Glycemic Load:5.31, Inflammation Score:-3, Nutrition Score:5.569999968957%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 115.62kcal (5.78%), Fat: 2.01g (3.09%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 13.16g (4.79%), Sugar: 12.88g (14.31%), Cholesterol: 7.5mg (2.5%), Sodium: 41.87mg (1.82%), Alcohol: 5.68g (100%), Alcohol %: 6.81% (100%), Protein: 2.12g (4.23%), Vitamin D: 24µg (160%), Vitamin C: 7.55mg (9.15%), Calcium: 77.44mg (7.74%), Vitamin A: 153IU (3.06%), Folate: 4.71µg (1.18%), Potassium: 35.76mg (1.02%)