Mango Lassi Chia Cups

4 chilled cups, about 280 g each | Active 15 min | Cook 0 min | Total 255 min

Ingredients

- About 2 1/2 cups ripe mango flesh, peeled and stoned (400 g), divided
- 1 2/3 cups plain nonfat Greek yogurt (400 g)
- 1 cup 2% milk (240 ml/240 g)
- 5 tablespoons chia seeds (60 g)
- 1 tablespoon pure maple syrup (20 g)
- 1/4 teaspoon ground cardamom (0.5 g)

Set out

Blender, Mixing bowl and whisk, Kitchen scale, Four lidded 12 fl oz/350 ml containers, Knife and cutting board

Allergens

Milk. Check labels and substitutions.

Make it

1. Dice 100 g of the mango into small pieces and keep chilled. Put the remaining 300 g mango in the blender with yogurt, milk, maple syrup and cardamom. Blend until smooth.

2. Pour into the bowl and whisk in the chia seeds. Cover and refrigerate for 10 minutes.

3. Whisk again, reaching the bottom of the bowl to break up any seed clusters. Divide equally among the four containers and top each with one-quarter of the reserved mango.

4. Cover and refrigerate for at least 4 hours from the initial mixing, until the seeds are swollen and the mixture is softly spoonable. Serve cold, one complete cup per portion.

Estimated nutrition per serving

Calories: 235 kcal | Protein: 15.5 g | Carbohydrate: 31.2 g | Fat: 6.6 g | Fiber: 6.8 g. One of 4 servings. Batch yield: 4 chilled cups, about 280 g each. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Prepare it before you need it

Mix the cups on a day when you can return for the second stir. That short task is easier to fit around training than trying to hurry the chilling stage. The base estimate counts the mango on top as well as the blended fruit.

A useful detail

The 4-hour chill is included in total time. This recipe is intentionally spoonable; do not replace the Greek yogurt with a thin drinking yogurt without expecting a looser result.

Another way

Use 400 g ripe peach flesh in place of mango and substitute 1/4 teaspoon/0.5 g cinnamon for cardamom.

Replace the maple syrup with 20 g honey; its flavor will be more noticeable than the syrup’s.

Keep it well

Keep covered at 40°F/4°C or below and use within 2 days. Stir the lower layer before eating if it has settled. Carry in an insulated bag with two cold sources and refrigerate on arrival. Do not leave a dairy cup in a warm gym locker.