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Mango Lassi Smoothie

- 1 Cup chopped peeled mango
- 1/3 Cup peach sorbet
- 1/2 Cup nonfat vanilla yogurt
- 1/4 Cup orange juice
- 1/8 Tsp orange-flower water, (optional, see Ingredient Note)

- 1) Place ingredients in the order listed in a blender. Pulse twice to chop mango, stir well, then blend until smooth. Serve immediately.

Makes 2 Smoothies

