

Mango Lassi

Prep time: 10 min
Serves 4

INGREDIENTS

- 2 cups plain yogurt
- 2 cups fresh or frozen mango (about 3 skinned and diced mangoes)
- 1/4 cup sugar
- 1 cup unsweetened milk of choice
- 1/4 teaspoon ground cardamom, cinnamon or ginger (optional)
- 4-5 ice cubes

DIRECTIONS



Start with clean hands!

Wash your hands with soap and water.

1. Add all ingredients to a blender. Blend until smooth and foamy.
2. Serve immediately and enjoy.

A **lassi** is a cold yogurt drink from India, sort of like a milkshake. It can be sweet or salty. It is often made with fruit and spices such as cardamom, cinnamon or saffron.

