



MANGO LASSI



INGREDIENTS

SERVES 4

- 2 cups plain Greek yoghurt (500ml)
- 1 cup whole milk (250ml)
- 1 cup ice cubes (100ml)
- 2 cups chopped very ripe mango, frozen chopped mango or canned mango pulp (220g)
- 1 tbsp brown sugar or honey
- 1 tsp ground cardamom
- 1 tsp ground cinnamon

EQUIPMENT

- Blender
- Measuring spoons and cups
- Serving jugs

INSTRUCTIONS

1. Put mango, yogurt, milk, mango, brown sugar (or honey) cardamom, cinnamon and ice into a blender and blend for 2 mins.
2. Sprinkle with a tiny pinch of ground cardamom and garnish with mint (optional) to serve.

The lassi can be kept refrigerated for up to 24 hours.

