SHOPPING LIST

Mango Lassi

Serves 2 glasses

- [ ] 1 large ripe mango, peeled and chopped (or 250 g frozen chunks)
- [ ] 250 g plain yoghurt
- [ ] 100 ml cold milk
- [ ] 1 to 2 tbsp sugar or honey, to taste
- [ ] 1/4 tsp ground cardamom
- [ ] A few ice cubes

Tick off what you already have at home.