LIGHT & SWEET

Mango Lassi

PREP
5 min

SERVES
2 glasses

Vegetarian

Ripe mango blended with yoghurt, cold milk and a little cardamom. Creamy, sweet and slightly tangy.

Ingredients

- 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

Method

1. Put the mango, yoghurt, milk, sugar and cardamom in a blender.
2. Add the ice cubes and blend until completely smooth.
3. Taste and add more sugar if the mango is not sweet enough.
4. Pour into tall glasses and serve straight away.

Cook's tip

Frozen mango makes the lassi thicker and colder, so you do not need the ice.