



1. Add all ingredients to a blender. Blend until smooth and foamy.
2. Add a pinch of cardamom or ginger if you would like.
3. Serve immediately and enjoy.

directions

- 3 cups frozen mango (or 2 fresh mangoes, pitted & diced)
2 cups plain yogurt
1/4 cup milk (or light coconut milk)
1 tablespoon honey
Pinch of cardamom or ginger (optional)
Ice cubes, to taste

ingredients

MAKES 4 SERVINGS

Mango Lassi

Mango Lassi

MAKES 4 SERVINGS

ingredients

- 3 cups frozen mango (or 2 fresh mangoes, pitted & diced)
2 cups plain yogurt
1/4 cup milk (or light coconut milk)
1 tablespoon honey
Pinch of cardamom or ginger (optional)
Ice cubes, to taste

directions

1. Add all ingredients to a blender. Blend until smooth and foamy.
2. Add a pinch of cardamom or ginger if you would like.
3. Serve immediately and enjoy.

