



## Family Activity

# Mango Lassi

Mango Lassi is a traditional South Asian beverage and one of the most popular beverages in Northern India. The mango is native to South Asia, from where it has been distributed worldwide and is one of the most cultivated fruits in the tropics.

Mangoes are used in many ways across cultures. For example, in tropical countries, sour, unripe mangoes are used in sauces, or eaten raw with salt, chili or pumpkin seeds. In India, ripe mangoes are also used to make curries or lentil dishes. The pulp from ripe mangoes makes jam, juices, or ice cream. Mangoes can also be dried or cooked with rice.

The mango lassi drink is a cross between a smoothie and a milkshake, and is smooth and creamy. This recipe is fun for the whole family to make together and is a popular treat at our ExploreAsia Amazing Asian Eats summer camp.

*Recipe courtesy of Neelam Chowdhary, Center for Global Education, Asia Society*

### INGREDIENTS

2 cups Greek or plain yogurt  
1 cup milk or coconut milk  
2 cups mango chunks, fresh or frozen  
1/4 cup honey  
1/4 teaspoon ground cardamom  
1 handful ice if using fresh mango

### DIRECTIONS

1. Wash your hands.
2. Measure 2 cups of yogurt and 1 cup of milk or coconut milk, and pour them into the blender.
3. Measure 2 cups of mango pieces and add them to the blender.
4. Measure the honey into a microwave-safe bowl, warm the honey in the microwave, and add it to the blender.
5. If you are using fresh mango, add a handful of ice to the blender.
6. Put the lid on securely and blend until smooth.
7. Pour into glasses and serve.