



# Mango Lassi



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- Mango Lassi is a traditional South Asian beverage. In fact it is one of the most popular beverages in Northern India. The mango lassi drink is a cross between a smoothie and a milk shake and is smooth, creamy.
- Mangoes are used in many ways across cultures. For example, in tropical countries, sour, unripe mangoes are used in sauces, or may be 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 is also used to make jam, juices or ice cream. Mangoes can be dried or cooked with rice for an
- Mango has vitamin A which means it's good for your eyes!
- The mango is native to South Asia, from where it has been distributed worldwide to become one of the most cultivated fruits in the tropics.
- Mango is the national fruit of both India and the Philippines.

# Recipe for Mango Lassi

## Ingredients

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

# Directions

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

## Recipe Notes

- Refrigerate leftovers, if you have any.
- Makes 4 servings