

Strawberry Lassi

Sweet red strawberries make one of my daughter's favorite lassi drinks (even though I leave out the sugar when I make it for her!). A lassi is an Indian smoothie, which is a refreshing drink made from fruit and yogurt, with mango lassi being the most popular. It can be served for breakfast, as a cocktail, a dessert, or anytime you wish. I keep my strawberries for up to five days in the refrigerator; after that they tend to shrivel or mold. Strawberries have lots of vitamin C, which is an effective antioxidant that can help prevent cancer and helps heal cuts and wounds.

Serves 2

Prep time: 5 minutes

Refrigerator life: 2 days, shake before using

½ lb (225 g) strawberries (about 15 strawberries)

4 tablespoons plain yogurt or plain soy yogurt (regular or fat free)

4 tablespoons sugar (you can use less sugar if the strawberries are very sweet)

¼ cup (65 ml) water

5 ice cubes plus crushed ice to half fill 2 tall glasses

1 Wash the strawberries. Cut off the leafy stems and discard.

2 Place the strawberries, yogurt, sugar, water, and 5 ice cubes in a blender. Blend until smooth and the ice is crushed. If you are making this drink for later, store in the refrigerator now and shake vigorously before serving.

3 Fill 2 tall glasses half-way with the crushed ice. Pour the lassi into the glasses and enjoy with a straw!

Variation

Peach Lassi

Nothing beats biting into a sweet, ripe and juicy fresh peach, but I think my peach lassi on a hot summer day totally beats the heat! Look for peaches that are slightly soft to the touch and have a fragrant aroma. If I only find firm peaches, I keep them in my fruit bowl at room temperature until they soften, and then I refrigerate them for up to five days. Peaches are good for healthy eyesight, cancer prevention, and lung health.

1 Wash 2 peaches. Using a small knife, cut each peach in half lengthwise around the pit. Hold a peach in both hands and twist the halves in opposite directions to separate them. Pry the pit out with a knife discard. Coarsely chop up the peach halves with their skin on. Repeat with the other peach.

2 Place the chopped peaches, ½ cup (125 g) plain yogurt or plain soy yogurt, ½ cup (100 g) sugar, ¼ cup (65 ml) water and 15 ice cubes in a blender. You can use less sugar if the peaches are very sweet. Blend until smooth and the ice is crushed. If you are making this drink for later, store in the refrigerator now and shake before serving.

3 Fill 2 tall glasses half-way with the crushed ice. Pour the lassi into the glasses and enjoy with a straw!



Fresh Fruit Juice

Peach Lassi