

## MANGO LASSI

(Recipe by revi's foodography <http://revisfoodography.com/>)

### INGREDIENTS:

- \* 2 cups of Ripe Mango pulp (Use 2 large mangoes)
- \* 1 cup Yogurt
- \* ½ cup milk
- \* 2 Tbsp sugar (adjust per taste)
- \* Ice Cubes can be added if too thick.
- \* Cardamom powder - A large pinch

### INSTRUCTIONS:

1. First wash and peel the skin of the mango. Dice up the mango pulp and freeze it for about a hour.
2. Then add the frozen mangoes, curd, sugar and cardamom powder to a blender and blend until smooth.
3. Garnish with pistachio and mint leaves or cardamom powder. Serve chilled.

### Notes

- If you are short of time, you can also use ice cubes instead of freezing the mangoes or you can refrigerate the lassi after blending.
- If you feel the lassi to be too thick, you can add little water or milk while blending.
- Using full fat yogurt is recommended to achieve the best taste.
- Mango should be fully ripe to give the best taste.
- You can also increase the quantity of mango and skip the sugar to make it healthier.