



Mango Lassi

Mango Lassi is a popular traditional “dahi” (yogurt)-based drink that originated in India. Because India can be very hot, lassi drinks are chilled and usually served with lunch.

Serves: 2

Ingredients

1 cup plain yogurt

1/2 cup milk

1 cup chopped very ripe mango, frozen chopped mango, or a cup of canned mango pulp

4 teaspoons honey or sugar, to taste

Ice (optional)

Instructions

Put mango, yogurt, milk, and sugar into a blender and blend for 2 minutes.

If you want a milkshake consistency and it's a hot day, blend in ice to your liking.

The lassi can be kept refrigerated for up to 24 hours.