

Mango Lassi

Ingredients:

- 250m plain yoghurt



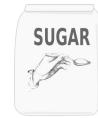
- 125ml milk



- 3 ripe mangoes



- 4 teaspoons brown sugar



You can add a pinch of cardamom, 5 ice cubes and a dash of lime juice if you like, too!

Instructions:

Peel the skin off the mango

Cut around the stone in the middle and set the flesh aside

Place the mango, yoghurt, milk and sugar in the blender along with the other ingredients if you're using them

Blend until completely smooth

Pour into glasses and serve

