

RECIPE

MANGO LASSI

TOTAL PREPARATION TIME: 5 -10 minutes | SERVINGS: 1 smoothie (10 ounces)

INGREDIENTS



1 cup
plain yogurt



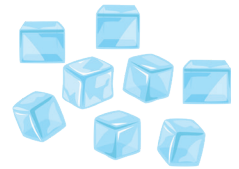
1/2 to 1 cup milk
(less milk will
make it thick,
more milk will
make it thin)



1 cup
diced mango
(frozen or fresh)



Sprinkle of spices
like: nutmeg,
cinnamon,
cardamom and
tumeric



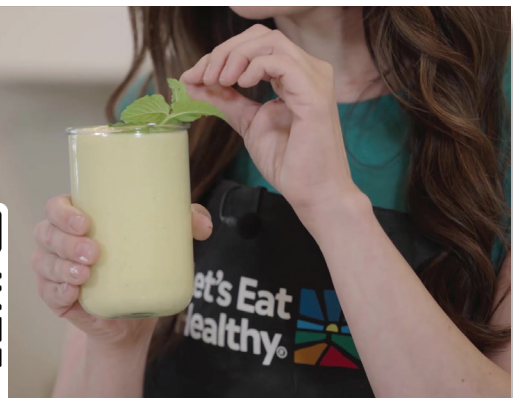
Ice cubes (if
frozen mango is
not used; to make
the lassi extra
cold and thick)

DIRECTIONS

Place all ingredients in a blender and blend until smooth. This recipe is flexible! Use your senses and taste preferences while adding ingredients in the blender to experiment with different versions of the lassi.



Watch How to Make Mango Lassi (2:44-7:56)



Watch Episode 10 at [HealthyEating.com/Together](https://www.healthyeating.com/Together)