Mango Lassi

The world would be a poorer place without Mango Lassi in it. It's a lip smacking smoothie beyond compare and perhaps captions Indian drinks like no other.

RECIPE CARD: 10

SPICE FOR LIFE

DRINK
Mango Lassi

250ml natural whole yoghurt
100ml milk
Honey to taste
150ml of tinned mango puree
Sprinkling of fresh ground (green) cardamom

Take everything apart from the cardamom and pop it all into a blender and pulse until the mix is rich and velvety. Pour into refrigerated glasses.

Dust the mango lassi with cardamom.

ALSO AVAILABLE ONLINE AT:
www.justiceandcare.org/spiceforlife
www.urbanrajah.com