

Jagtaran's Go-To Recipe

Easy Mango Lassi

Ingredients:

1-2 very ripe mangoes or mango pulp or juice

1 cup yogurt

1/4 cup ice water

1/4 cup milk

Cardamom powder/crushed cardamom seeds

Sugar/honey

Recipe:

Blend yoghurt with water, milk and mango flesh or pulp.

Add sugar, or honey to taste and blend again.

Sprinkle with cardamom and serve chilled/with ice.

For a milkshake replace yogurt with vanilla ice cream.