

Mango Lassi

Makes 4 small servings



Ingredients (allergens in bold)

- 1 large ripe mango
- 500ml thick natural **yoghurt**
- 150ml **milk**
- 1-2 tbsp runny honey
- mint leaves to decorate

Method

1. Cut the mango cheeks off either side of the big flat stone and then scoop the flesh from the mango skin with a spoon. It doesn't matter how neat the mango pieces are.
2. Put the mango into a blender or a large jug.
3. Add the yoghurt and milk to the jug and whizz it up until blended and smooth.
4. Taste the lassi and if it needs sweetening, add 1-2 tbsp runny honey and mix well.
5. Pour the lassi into glasses and decorate with mint leaves. Serve chilled.



Equipment

- chopping board
- sharp knife
- dessertspoon
- measuring jug
- hand blender or liquidiser

Recipe notes and tips

- Fruit can become slippery when peeling. Take care when cutting!
- A lovely cooling drink that goes well with curry recipes.