

## Mango Lassi

Posted by Elise on Nov 10, 2006

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My mother received a huge mango the other day from a friend. Half of it went into some [mango salsa](#); the other half into this rich mango [lassi](#), essentially a smoothie made with mango and yogurt. I always order one when out to eat at an Indian restaurant. They're really quite easy to make.

### Mango Lassi Recipe



#### INGREDIENTS

- 1 cup plain yogurt
- 1/2 cup milk
- 1 cup [chopped mango](#) (peeled and stone removed)
- 4 teaspoons sugar, to taste
- A dash of ground cardamom (optional)

#### METHOD

Put mango, yogurt, milk, sugar and cardamom into a blender and blend for 2 minutes, then pour into individual glasses, and serve. Can sprinkle with a little cardamom.

The lassi can be kept refrigerated for up to 24 hours.

Makes about 2 cups.

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