

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/mango-lassi>

Mango Lassi

Prep time: 10 minutes

Servings: 2

Ready to wake up your palate and stimulate your culinary imagination? Time for a lassi! Lassi is a popular traditional yogurt-based drink from India. It can be savory, with cumin, or sweet, as ours is, with fruit and exotic spice. We like the classic, with mango, best. Only sweetened with the fruit itself, we decided to give it a little kick by adding a hint of cardamom. Drink it, and you'll be transported.

Shared by Green Valley Creamery

Ingredients

3/4 cups Green Valley Creamery Lactose-Free Plain Whole Milk Yogurt

1 Tbsp sugar (optional; use to taste depending on sweetness of mangos)

3/4 cup mango, medium diced

1 Tbsp. water

1/4 tsp. ground cardamom

Pinch of fine salt

Instructions

Combine all ingredients in a blender and process until smooth about 30 seconds. Pour into tall glasses, garnish with mint, and serve.