



# Mango Lassi

**Source:** <https://www.indianveggiedelight.com/> ,

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**PDF:** Mango-Lassi.pdf

**Prep:** 10 min

**Total:** 10 min

**Serves:** 4

## **Ingredients:**

2 cup ripe Mango or 1 cup canned Mango Pulp

2 c plain Yogurt, chilled

½ - 1 c Whole Milk or water, chilled

4 T Sugar, or honey, agave, stevia, etc

½ t Cardamom Powder

## **Garnish:**

Saffron Threads, optional

Pistachios, optional

## **Directions – Fresh Mango:**

In a blender, add freshly cut mango, yogurt, milk, sugar, and cardamom powder. Blend until smooth and creamy consistency.

Garnish Mango Lassi with chopped mangoes, pistachio, and saffron. Serve cold.

## **Directions - Canned Mango Pulp:**

In a blender, add canned mango pulp, yogurt, milk, sugar, and cardamom powder. Blend until smooth and creamy consistency.

Store brought canned mango pulp contains added sugar so adjust according to your taste.

Optionally garnish Mango Lassi with chopped mangoes, pistachio, and saffron. Serve cold.