

Mango Banana Lassi:

INGREDIENTS

- 1 cup plain organic yogurt
- 1/4 cup water
- 1 ripe banana
- 1 ripe mango, cubed
- ½ tsp cardamom powder
- Ice cubes
- Oats (optional if you want it to be thicker)
- Cinnamon for sprinkling on top

DIRECTIONS

- Place the yogurt in a bowl and whisk until frothy.
- Add the banana, mango cubes, cardamom, ice cubes and water to blender. Blend until smooth.
- Spoon in the yogurt, mix and adjust consistency to your desired thickness. You may add a bit more water or tablespoon of oats if too thin. The consistency will depend on how ripe is your fruit and your chosen yogurt.
- Pour the lassi into serving glasses and serve chilled, decorated with cinnamon or even some crushed nuts.



