

Jai's Mango Lassi

SERVES: 2



Ingredients

- 2 cups plain Greek yogurt
- 1 cup unsweetened coconut water/ regular water
- 1-5 cups chopped very ripe mango
- 2-5 tsps. honey (more or less to taste)
- A dash of ground cardamom (best to take a few seeds out of the pods and gently grind with mortar/pestle before adding in)
- a pinch of saffron
- a dash of cinnamon powder (to top)

Directions

Put mango, yogurt, coconut water, honey, saffron and cardamom into a blender and blend for **2 minutes**. If you want a more milkshake consistency or for these hot summer days, either blend in some ice or serve over ice cubes.

Sprinkle with a tiny pinch of cinnamon powder to serve.

This is Puja's family recipe.